

# FALLS FREE CHECKUP



YOU CAN PREVENT FALLS |

**ncoa**  
National Council on Aging



**T**he coronavirus pandemic has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging. **Take the first step to prevent a fall.**

- Answer 12 questions at [ncoa.org/FallsFreeCheckUp](https://ncoa.org/FallsFreeCheckUp)
- Attend our free event to learn more

When \_\_\_\_\_

Where \_\_\_\_\_

RSVP \_\_\_\_\_

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