

Let's talk  
about the

**F-Word**

Don't let falls get you down

There are many simple things that older people can do to prevent falls and their potentially devastating consequences, if only we can get the message across.

If you are concerned about yourself, or an older parent, friend or relative then “Let’s talk about the F-Word” is here to help you. Go to:

[www.healthyshropshire.co.uk](http://www.healthyshropshire.co.uk) (0345 678 9025)