

SAFETY ON! Watchwords to prevent falls

S:Be mindful of slippers and footwear



A:Stay physically active



E:Eat a balanced **f**ood and diet regularly



E:Be safe both inside and outside home environment



T:Take your tablets (medicine) properly



:Try to improve your eyesight



JSPS

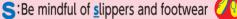
Practical Course for the Prevention of Fall-related Fractures, 2015 KAKENHI No.15H05100, St. Luke's International University, Tokyo, Japan.





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