

# Here's to a safe season free of falls



# Move with confidence as you enjoy your favorite autumn activities

Colorful leaves, cozy sweaters, pumpkin spice everything. There's lots to look forward to in the fall—here are tips for staying safe and steady on your feet.



Declutter your space of cords and other obstacles.



Choose sturdy, non-slip shoes.



Keep your home and outdoor walkways brightly lit.



Make sure canes and walkers are properly fitted.



**CenterWell Home Health<sup>®</sup> is always here for you—24/7, 365 days a year. If you ever need care again, speak with your doctor or call our nurses at 844-265-4195.**

To opt out from receiving future health and well-being information from CenterWell, please visit <https://centerwell.info/optout>. Home health services are available for all eligible patients with a healthcare provider referral. CenterWell<sup>®</sup> does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 877-320-2188 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 877-320-2188 (TTY: 711)。1901800

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