

Each year, one in three adults over 64 falls. Exercises such as those cited by EnhanceFitness (www.projectenhance.org) and home modifications help reduce risk; e.g., keeping cords, shoes, papers, and boxes out of walkways.

June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

() With outdoor temperatures rising, make sure your outdoor pets have plenty of water and shade.

() Look out for standing water on your property and adjust waterings accordingly to prevent mosquitos.

()

()

()

()