

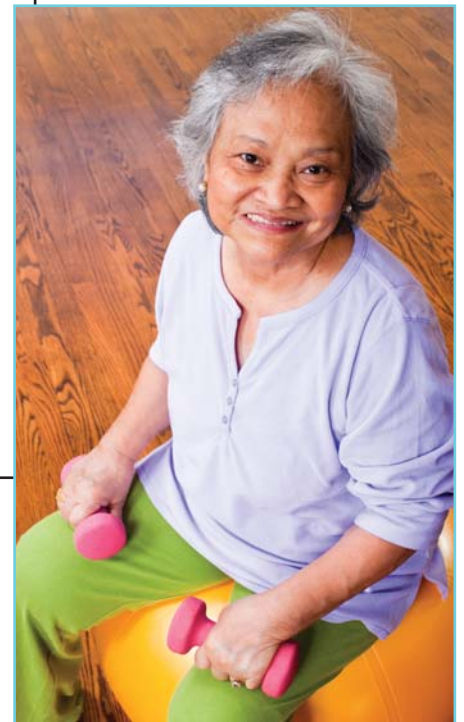


Exercise Reduces the Risk of Falls

20 words having to do with a safe fall prevention exercise program are hidden in this puzzle. Give your brain a workout and find them all.



- LIGHTING
- PATHWAY
- PAVEMENT
- SHOES
- STRENGTHENING
- TAI CHI
- TREADMILL
- WALKING



- AEROBIC
- ASSESSMENT
- AWARENESS
- BALANCE

- CHECKUP
- CLASS
- DANCING
- EYE EXAM

- FLEXIBILITY
- FOOT HEALTH
- GARDENING
- HOME SAFETY