

B	I	N	G	O
Vitamin C	Avoid too much sugar	Avoid alcohol	Drink water	Night lights
Keep phone near	Do stretches	Use cane/walker	Lift weights	Calcium
Stay alert	Walk daily	FREE	Clean up mess	Gardening
Tai chi	Get hearing checked	Remove scatter rugs	Get up slowly	Manage health conditions
Move cords out of way	Eat vegetables	Eat protein	Keep walkways clear	Eat fruits

B	I	N	G	O
Clean up mess	Control blood pressure	Know your medications	Keep phone near	Go dancing
Clean up mess	Tai chi	Non-slip mat in bathtub	Gardening	Get eyes checked
Use cane/walker	Calcium	FREE	Walk daily	Avoid too much sugar
Lift weights	Night lights	Keep walkways clear	Get hearing checked	Don't carry too much
Drink water	Manage health conditions	Move cords out of way	Light yard work	Replace old lightbulbs

B	I	N	G	O
Clean up mess	Control blood sugar	Manage health conditions	Keep phone near	Do stretches
Move cords out of way	Keep walkways clear	Avoid too much sugar	Gardening	Avoid alcohol
Go dancing	Know your medications	FREE	Vitamin C	Control blood pressure
Wear good shoes	Watch your step	Don't carry too much	Clean up mess	Non-slip mat in bathtub
Lift weights	Don't walk at night	Walk daily	Calcium	Night lights