B	I	N	G	O
take your medicines	Always use your walking aid	Remove clutter	eat vegetables	Wear your pendant alarm
Don´t wear loose clothing	store cords out of the way	drink lots of water	Chose well-lit paths	stand up often
use grab rails	Don´t mix medicine and alcohol	**FREE**	Turn lights on	Use close slippers
remove clutter	Wear adequate footwear	eat fruits	Remove loose rugs /mats	do gentle stretches
Don´t rush	manage chronic conditions	Exercise daily	use hand rails	Have eyes checked

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B	I	N	G	O
use grab rails	use hand rails	Chose well-lit paths	Wear adequate footwear	Don´t wear loose clothing
eat vegetables	Use close slippers	Remove clutter	do gentle stretches	Don´t mix medicine and alcohol
Turn lights on	Always use your walking aid	**FREE**	Remove loose rugs /mats	eat fruits
Have eyes checked	take your medicines	Exercise daily	remove clutter	Don´t rush
Wear your pendant alarm	Report trip hazards	stand up often	drink lots of water	store cords out of the way

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B	I	N	G	O
remove clutter	Remove loose rugs /mats	use grab rails	Have eyes checked	eat vegetables
manage chronic conditions	stand up often	use hand rails	Wear adequate footwear	Don´t mix medicine and alcohol
eat fruits	Chose well-lit paths	**FREE**	Turn lights on	Remove clutter
Report trip hazards	Wear your pendant alarm	Don´t rush	Always use your walking aid	take your medicines
store cords out of the way	drink lots of water	Use close slippers	do gentle stretches	Exercise daily

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