



# ELEMENT

THErapy SOLUTIONS

Contact us at 319-329-8393  
www.elementtherapysolutions.com



## Fall Prevention Tools



Declutter home  
and remove throw rugs



Have eyes checked regularly  
and wear the correct shoes



Walk, exercise, and  
movement



Communicate your  
concerns

Hydrate half of your body  
weight in ounces



Eat a healthy morning  
breakfast



Correct transfer  
techniques

