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**B I N G O**

BEHAVIOURS

INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

take medicine as directed	keep phone nearby	eat vegetables	do tai-chi	put away hoses
have eyes checked	put bell on pet collar	get vitamin D & Calcium	exercise daily	use walking aid
wear hip protectors	remove scatter rugs	FREE	do gentle stretches	walk instead of drive
manage chronic conditions	store cords out of way	drink lots of water	stand up often	choose well-lit paths
play with grandkids	replace old lightbulbs	eat fish	do some canning	check cane tips

FP#00690

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BEHAVIOURS

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GET ACTIVE

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OUTDOORS

wear hip protectors	non-slip mat in bath	eat fruits	light yard work	put away hoses
play with grandkids	use handrailings	eat a variety of foods	go dancing	walk instead of drive
visit with family	put bell on pet collar	FREE	do some gardening	choose well-lit paths
take medicine as directed	store cords out of way	get vitamin D & Calcium	do some canning	sweep/rake paths
don't mix medicine & alcohol	no polish on floors	eat fish	do yoga	keep firewood handy

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BEHAVIOURS

INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

have eyes checked	non-slip mat in bath	eat fruits	do tai-chi	choose well-lit paths
visit with family	remove clutter	eat vegetables	no plonking	keep walkways clear
visit with friends	no polish on floors	FREE	food gathering	use walking aid
take medicine as directed	store cords out of way	eat a variety of foods	walk daily	keep firewood handy
manage chronic conditions	remove scatter rugs	avoid sugary drinks	do gentle stretches	put away hoses

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GET ACTIVE

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OUTDOORS

visit with family	keep phone nearby	avoid sugary drinks	do gentle stretches	keep walkways clear
visit with friends	replace old lightbulbs	eat a variety of foods	walk daily	report tripping hazards
manage chronic conditions	remove clutter	FREE	go dancing	choose well-lit paths
take medicine as directed	remove scatter rugs	eat fruits	do some canning	walk instead of drive
play with grandkids	store cords out of way	eat vegetables	no plonking	put away hoses

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BEHAVIOURS

INDOORS

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GET ACTIVE

OUTDOORS

don't mix medicine & alcohol	keep phone nearby	eat fruits	do some canning	wear shoes with good soles
have eyes checked	put bell on pet collar	eat a variety of foods	exercise daily	walk instead of drive
visit with friends	store cords out of way	FREE	go dancing	use walking aid
play with grandkids	no polish on floors	drink lots of water	do some gardening	check cane tips
manage chronic conditions	replace old lightbulbs	eat fish	walk daily	choose well-lit paths

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GET ACTIVE

OUTDOORS

manage chronic conditions	no polish on floors	eat fish	do gentle stretches	keep firewood handy
don't mix medicine & alcohol	non-slip mat in bath	avoid sugary drinks	no plonking	keep walkways clear
take medicine as directed	use handrailings	FREE	do tai-chi	put away hoses
visit with family	remove scatter rugs	eat fruits	take exercise class	check cane tips
wear hip protectors	replace old lightbulbs	get vitamin D & Calcium	light yard work	sweep/rake paths

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BEHAVIOURS

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GET ACTIVE

OUTDOORS

play with grandkids	store cords out of way	eat fruits	do tai-chi	use walking aid
take medicine as directed	keep phone nearby	avoid sugary drinks	do yoga	check cane tips
have eyes checked	remove scatter rugs	FREE	no plonking	walk instead of drive
manage chronic conditions	replace old lightbulbs	drink lots of water	light yard work	wear shoes with good soles
wear hip protectors	remove clutter	get vitamin D & Calcium	food gathering	choose well-lit paths

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GET ACTIVE

OUTDOORS

manage chronic conditions	put bell on pet collar	eat fish	take exercise class	choose well-lit paths
take medicine as directed	store cords out of way	eat vegetables	exercise daily	report tripping hazards
visit with family	use handrailings	FREE	go fishing	wear shoes with good soles
wear hip protectors	no polish on floors	eat fruits	do yoga	sweep/rake paths
play with grandkids	replace old lightbulbs	get vitamin D & Calcium	light yard work	check cane tips

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NUTRITION

GET ACTIVE

OUTDOORS

have eyes checked	keep phone nearby	get vitamin D & Calcium	do gentle stretches	report tripping hazards
manage chronic conditions	replace old lightbulbs	drink lots of water	do some gardening	walk instead of drive
play with grandkids	non-slip mat in bath	FREE	go dancing	sweep/rake paths
don't mix medicine & alcohol	remove scatter rugs	eat fruits	do some canning	put away hoses
take medicine as directed	use handrailings	eat a variety of foods	walk daily	keep walkways clear

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NUTRITION

GET ACTIVE

OUTDOORS

wear hip protectors	replace old lightbulbs	eat fruits	no plonking	sweep/rake paths
manage chronic conditions	remove scatter rugs	eat fish	go dancing	choose well-lit paths
don't mix medicine & alcohol	non-slip mat in bath	FREE	do gentle stretches	report tripping hazards
play with grandkids	remove clutter	avoid sugary drinks	exercise daily	keep firewood handy
have eyes checked	no polish on floors	get vitamin D & Calcium	light yard work	walk instead of drive

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OUTDOORS

manage chronic conditions	non-slip mat in bath	drink lots of water	food gathering	keep walkways clear
visit with family	store cords out of way	get vitamin D & Calcium	no plonking	check cane tips
play with grandkids	no polish on floors	FREE	do some canning	report tripping hazards
have eyes checked	keep phone nearby	eat a variety of foods	take exercise class	walk instead of drive
wear hip protectors	replace old lightbulbs	eat vegetables	do yoga	keep firewood handy

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BEHAVIOURS

INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

manage chronic conditions	put bell on pet collar	get vitamin D & Calcium	go fishing	report tripping hazards
visit with family	replace old lightbulbs	drink lots of water	take exercise class	keep walkways clear
have eyes checked	keep phone nearby	FREE	do some canning	put away hoses
play with grandkids	remove scatter rugs	eat a variety of foods	do some gardening	check cane tips
don't mix medicine & alcohol	no polish on floors	eat fish	light yard work	keep firewood handy

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GET ACTIVE

OUTDOORS

visit with friends	replace old lightbulbs	avoid sugary drinks	do some gardening	sweep/rake paths
manage chronic conditions	put bell on pet collar	get vitamin D & Calcium	do gentle stretches	use walking aid
take medicine as directed	remove clutter	FREE	do some canning	wear shoes with good soles
have eyes checked	non-slip mat in bath	eat fruits	food gathering	report tripping hazards
visit with family	store cords out of way	eat vegetables	do yoga	walk instead of drive

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BEHAVIOURS      INDOORS      NUTRITION      GET ACTIVE      OUTDOORS

visit with friends	store cords out of way	eat vegetables	do some canning	sweep/rake paths
wear hip protectors	no polish on floors	eat fruits	do yoga	walk instead of drive
don't mix medicine & alcohol	replace old lightbulbs	FREE	do some gardening	keep firewood handy
take medicine as directed	remove clutter	drink lots of water	no plonking	wear shoes with good soles
visit with family	put bell on pet collar	get vitamin D & Calcium	light yard work	report tripping hazards

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BEHAVIOURS

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GET ACTIVE

OUTDOORS

wear hip protectors	replace old lightbulbs	eat vegetables	do tai-chi	wear shoes with good soles
manage chronic conditions	keep phone nearby	avoid sugary drinks	do gentle stretches	use walking aid
visit with family	put bell on pet collar	FREE	go dancing	choose well-lit paths
don't mix medicine & alcohol	use handrailings	eat fruits	walk daily	sweep/rake paths
play with grandkids	remove clutter	eat a variety of foods	do yoga	put away hoses

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BEHAVIOURS

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GET ACTIVE

OUTDOORS

don't mix medicine & alcohol	remove scatter rugs	eat vegetables	take exercise class	keep walkways clear
have eyes checked	put bell on pet collar	avoid sugary drinks	stand up often	use walking aid
manage chronic conditions	no polish on floors	FREE	do some gardening	choose well-lit paths
wear hip protectors	non-slip mat in bath	get vitamin D & Calcium	do gentle stretches	check cane tips
play with grandkids	remove clutter	eat a variety of foods	walk daily	report tripping hazards

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BEHAVIOURS

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GET ACTIVE

OUTDOORS

wear hip protectors	use handrailings	eat vegetables	do yoga	put away hoses
have eyes checked	replace old lightbulbs	get vitamin D & Calcium	light yard work	walk instead of drive
manage chronic conditions	put bell on pet collar	FREE	exercise daily	report tripping hazards
take medicine as directed	remove scatter rugs	avoid sugary drinks	do some gardening	wear shoes with good soles
don't mix medicine & alcohol	non-slip mat in bath	eat a variety of foods	go dancing	keep firewood handy

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GET ACTIVE

OUTDOORS

don't mix medicine & alcohol	remove scatter rugs	eat fruits	no plonking	keep walkways clear
take medicine as directed	remove clutter	avoid sugary drinks	walk daily	walk instead of drive
wear hip protectors	no polish on floors	FREE	do gentle stretches	use walking aid
visit with family	put bell on pet collar	eat a variety of foods	take exercise class	choose well-lit paths
play with grandkids	replace old lightbulbs	get vitamin D & Calcium	do tai-chi	report tripping hazards

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GET ACTIVE

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OUTDOORS

wear hip protectors	store cords out of way	avoid sugary drinks	no plonking	keep firewood handy
visit with family	remove scatter rugs	drink lots of water	stand up often	use walking aid
visit with friends	replace old lightbulbs	FREE	do some gardening	sweep/rake paths
take medicine as directed	no polish on floors	eat a variety of foods	food gathering	report tripping hazards
play with grandkids	non-slip mat in bath	eat fish	walk daily	choose well-lit paths

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OUTDOORS

visit with friends	no polish on floors	avoid sugary drinks	go fishing	report tripping hazards
play with grandkids	put bell on pet collar	eat fish	go dancing	sweep/rake paths
visit with family	use handrailings	FREE	do some canning	keep firewood handy
take medicine as directed	store cords out of way	eat a variety of foods	take exercise class	wear shoes with good soles
manage chronic conditions	replace old lightbulbs	get vitamin D & Calcium	do some gardening	use walking aid

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OUTDOORS

play with grandkids	non-slip mat in bath	eat fruits	walk daily	check cane tips
wear hip protectors	use handrailings	avoid sugary drinks	do yoga	keep firewood handy
visit with friends	store cords out of way	FREE	light yard work	sweep/rake paths
manage chronic conditions	put bell on pet collar	eat vegetables	do some gardening	report tripping hazards
visit with family	replace old lightbulbs	drink lots of water	exercise daily	wear shoes with good soles

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BEHAVIOURS

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GET ACTIVE

OUTDOORS

take medicine as directed	non-slip mat in bath	eat vegetables	do gentle stretches	walk instead of drive
visit with friends	remove clutter	eat fish	food gathering	sweep/rake paths
wear hip protectors	no polish on floors	FREE	stand up often	report tripping hazards
play with grandkids	remove scatter rugs	drink lots of water	do yoga	keep firewood handy
don't mix medicine & alcohol	use handrailings	eat a variety of foods	do some canning	check cane tips

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OUTDOORS

wear hip protectors	replace old lightbulbs	avoid sugary drinks	do yoga	put away hoses
have eyes checked	non-slip mat in bath	eat fruits	food gathering	check cane tips
take medicine as directed	put bell on pet collar	FREE	stand up often	walk instead of drive
manage chronic conditions	remove scatter rugs	eat fish	take exercise class	keep firewood handy
visit with friends	store cords out of way	drink lots of water	do tai-chi	sweep/rake paths

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BEHAVIOURS

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NUTRITION

GET ACTIVE

OUTDOORS

play with grandkids	remove scatter rugs	eat vegetables	no plonking	put away hoses
manage chronic conditions	put bell on pet collar	drink lots of water	walk daily	check cane tips
visit with friends	use handrailings	FREE	do yoga	report tripping hazards
visit with family	remove clutter	eat fruits	go dancing	choose well-lit paths
don't mix medicine & alcohol	replace old lightbulbs	avoid sugary drinks	take exercise class	sweep/rake paths

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GET ACTIVE

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OUTDOORS

wear hip protectors	keep phone nearby	avoid sugary drinks	no plonking	wear shoes with good soles
manage chronic conditions	no polish on floors	eat a variety of foods	do gentle stretches	sweep/rake paths
visit with family	replace old lightbulbs	FREE	do some gardening	report tripping hazards
play with grandkids	use handrailings	eat vegetables	walk daily	put away hoses
take medicine as directed	non-slip mat in bath	eat vitamin D & Calcium	do yoga	choose well-lit paths

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GET ACTIVE

OUTDOORS

don't mix medicine & alcohol	put bell on pet collar	get vitamin D & Calcium	take exercise class	walk instead of drive
play with grandkids	use handrailings	avoid sugary drinks	do some canning	wear shoes with good soles
wear hip protectors	replace old lightbulbs	FREE	do gentle stretches	keep walkways clear
have eyes checked	remove clutter	eat fish	no plonking	choose well-lit paths
visit with family	remove scatter rugs	drink lots of water	do some gardening	use walking aid

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GET ACTIVE

OUTDOORS

have eyes checked	remove scatter rugs	avoid sugary drinks	take exercise class	wear shoes with good soles
manage chronic conditions	replace old lightbulbs	eat a variety of foods	walk daily	walk instead of drive
don't mix medicine & alcohol	non-slip mat in bath	FREE	no plonking	keep walkways clear
visit with friends	use handrailings	drink lots of water	do some canning	choose well-lit paths
visit with family	no polish on floors	eat vegetables	stand up often	use walking aid

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GET ACTIVE

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OUTDOORS

wear hip protectors	no polish on floors	eat vegetables	take exercise class	sweep/rake paths
visit with family	non-slip mat in bath	get vitamin D & Calcium	stand up often	check cane tips
don't mix medicine & alcohol	use handrailings	FREE	go dancing	choose well-lit paths
take medicine as directed	replace old lightbulbs	drink lots of water	do some gardening	keep firewood handy
have eyes checked	remove scatter rugs	avoid sugary drinks	exercise daily	walk instead of drive

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BEHAVIOURS

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GET ACTIVE

OUTDOORS

play with grandkids	non-slip mat in bath	eat vegetables	light yard work	put away hoses
manage chronic conditions	no polish on floors	eat fish	take exercise class	walk instead of drive
wear hip protectors	put bell on pet collar	FREE	do some canning	keep walkways clear
take medicine as directed	remove clutter	drink lots of water	exercise daily	report tripping hazards
don't mix medicine & alcohol	store cords out of way	avoid sugary drinks	no plonking	use walking aid

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GET ACTIVE

OUTDOORS

wear hip protectors	remove clutter	eat fish	go fishing	sweep/rake paths
play with grandkids	put bell on pet collar	eat vegetables	take exercise class	wear shoes with good soles
have eyes checked	keep phone nearby	FREE	exercise daily	use walking aid
take medicine as directed	remove scatter rugs	avoid sugary drinks	food gathering	choose well-lit paths
visit with friends	replace old lightbulbs	drink lots of water	go dancing	keep firewood handy

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BEHAVIOURS

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NUTRITION

GET ACTIVE

OUTDOORS

play with grandkids	remove scatter rugs	eat fruits	food gathering	put away hoses
visit with family	remove clutter	eat fish	do gentle stretches	use walking aid
take medicine as directed	keep phone nearby	FREE	take exercise class	choose well-lit paths
have eyes checked	store cords out of way	eat vegetables	do tai-chi	sweep/rake paths
don't mix medicine & alcohol	use handrailings	drink lots of water	no plonking	walk instead of drive

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GET ACTIVE

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OUTDOORS

visit with family	use handrailings	eat a variety of foods	do yoga	choose well-lit paths
visit with friends	keep phone nearby	get vitamin D & Calcium	do tai-chi	keep walkways clear
wear hip protectors	remove clutter	FREE	light yard work	use walking aid
take medicine as directed	replace old lightbulbs	eat fish	exercise daily	wear shoes with good soles
play with grandkids	store cords out of way	avoid sugary drinks	go fishing	put away hoses

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OUTDOORS

play with grandkids	keep phone nearby	avoid sugary drinks	stand up often	sweep/rake paths
visit with family	no polish on floors	eat fish	no plonking	walk instead of drive
visit with friends	non-slip mat in bath	FREE	exercise daily	check cane tips
take medicine as directed	store cords out of way	eat vegetables	food gathering	keep firewood handy
wear hip protectors	replace old lightbulbs	eat fruits	light yard work	choose well-lit paths

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GET ACTIVE

OUTDOORS

don't mix medicine & alcohol	keep phone nearby	eat fruits	do yoga	report tripping hazards
have eyes checked	store cords out of way	get vitamin D & Calcium	do gentle stretches	keep firewood handy
manage chronic conditions	put bell on pet collar	FREE	go dancing	check cane tips
visit with friends	replace old lightbulbs	eat a variety of foods	food gathering	put away hoses
take medicine as directed	non-slip mat in bath	eat fish	do some gardening	sweep/rake paths

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OUTDOORS

visit with family	use handrailings	drink lots of water	walk daily	wear shoes with good soles
don't mix medicine & alcohol	remove clutter	eat fruits	food gathering	keep walkways clear
wear hip protectors	no polish on floors	FREE	exercise daily	choose well-lit paths
play with grandkids	replace old lightbulbs	get vitamin D & Calcium	go dancing	check cane tips
have eyes checked	store cords out of way	eat vegetables	do gentle stretches	report tripping hazards

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OUTDOORS

visit with friends	non-slip mat in bath	eat a variety of foods	do some gardening	walk instead of drive
visit with friends	keep phone nearby	drink lots of water	stand up often	report tripping hazards
take medicine as directed	remove scatter rugs	FREE	go fishing	check cane tips
play with grandkids	put bell on pet collar	eat fruits	go dancing	put away hoses
have eyes checked	remove clutter	get vitamin D & Calcium	do some canning	keep walkways clear

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NUTRITION

GET ACTIVE

OUTDOORS

visit with family	use handrailings	eat fruits	do some canning	report tripping hazards
don't mix medicine & alcohol	replace old lightbulbs	drink lots of water	stand up often	use walking aid
wear hip protectors	remove scatter rugs	FREE	do gentle stretches	wear shoes with good soles
visit with friends	non-slip mat in bath	eat vegetables	do tai-chi	walk instead of drive
manage chronic conditions	put bell on pet collar	get vitamin D & Calcium	exercise daily	keep firewood handy

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BEHAVIOURS

INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

plays with grandkids	non-slip mat in bath	eat vegetables	go fishing	report tripping hazards
don't mix medicine & alcohol	use handrailings	get vitamin D & Calcium	do tai-chi	put away hoses
visit with friends	remove scatter rugs	FREE	go dancing	use walking aid
have eyes checked	keep phone nearby	eat fish	do some gardening	check cane tips
visit with family	replace old lightbulbs	drink lots of water	do gentle stretches	walk instead of drive

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OUTDOORS

wear hip protectors	no polish on floors	eat a variety of foods	exercise daily	walk instead of drive
manage chronic conditions	put bell on pet collar	eat vegetables	do gentle stretches	keep walkways clear
play with grandkids	store cords out of way	FREE	no plonking	keep firewood handy
have eyes checked	use handrailings	eat fruits	walk daily	use walking aid
visit with family	keep phone nearby	drink lots of water	do yoga	check cane tips

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OUTDOORS

manage chronic conditions	no polish on floors	eat vegetables	take exercise class	keep firewood handy
visit with friends	store cords out of way	eat fruits	stand up often	walk instead of drive
wear hip protectors	remove clutter	FREE	go dancing	keep walkways clear
have eyes checked	keep phone nearby	eat fish	light yard work	wear shoes with good soles
don't mix medicine & alcohol	non-slip mat in bath	drink lots of water	go fishing	put away hoses

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INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

don't mix medicine & alcohol	put bell on pet collar	eat fruits	walk daily	keep firewood handy
visit with family	keep phone nearby	eat a variety of foods	do some gardening	sweep/rake paths
have eyes checked	remove clutter	FREE	light yard work	check cane tips
manage chronic conditions	no polish on floors	eat fish	do tai-chi	report tripping hazards
take medicine as directed	replace old lightbulbs	drink lots of water	stand up often	put away hoses

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OUTDOORS

wear hip protectors	remove clutter	eat fruits	light yard work	keep firewood handy
manage chronic conditions	use handrailings	avoid sugary drinks	do tai-chi	wear shoes with good soles
visit with family	no polish on floors	FREE	go fishing	report tripping hazards
take medicine as directed	store cords out of way	get vitamin D & Calcium	do some canning	use walking aid
play with grandkids	keep phone nearby	eat a variety of foods	stand up often	walk instead of drive

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INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

don't mix medicine & alcohol	keep phone nearby	avoid sugary drinks	go fishing	sweep/rake paths
visit with family	remove scatter rugs	drink lots of water	do tai-chi	keep firewood handy
manage chronic conditions	remove clutter	FREE	take exercise class	put away hoses
visit with friends	use handrailings	eat vegetables	do some canning	walk instead of drive
have eyes checked	replace old lightbulbs	get vitamin D & Calcium	do yoga	choose well-lit paths

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BEHAVIOURS

INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

play with grandkids	put bell on pet collar	get vitamin D & Calcium	food gathering	sweep/rake paths
visit with friends	no polish on floors	eat vegetables	go fishing	wear shoes with good soles
don't mix medicine & alcohol	keep phone nearby	FREE	take exercise class	keep walkways clear
manage chronic conditions	store cords out of way	eat fruits	do some canning	walk instead of drive
take medicine as directed	replace old lightbulbs	eat a variety of foods	do some gardening	use walking aid

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BEHAVIOURS

INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

manage chronic conditions	put bell on pet collar	avoid sugary drinks	do tai-chi	walk instead of drive
visit with friends	replace old lightbulbs	eat fruits	go dancing	wear shoes with good soles
wear hip protectors	use handrailings	FREE	do gentle stretches	use walking aid
don't mix medicine & alcohol	remove clutter	get vitamin D & Calcium	go fishing	keep firewood handy
visit with family	store cords out of way	eat fish	take exercise class	report tripping hazards

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INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

visit with family	put bell on pet collar	eat fish	do gentle stretches	check cane tips
wear hip protectors	use handrailings	eat vegetables	do some canning	report tripping hazards
take medicine as directed	remove clutter	FREE	exercise daily	walk instead of drive
visit with friends	replace old lightbulbs	eat fruits	stand up often	put away hoses
manage chronic conditions	non-slip mat in bath	drink lots of water	do tai-chi	wear shoes with good soles

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NUTRITION

GET ACTIVE

OUTDOORS

have eyes checked	put bell on pet collar	eat vegetables	go dancing	put away hoses
manage chronic conditions	store cords out of way	get vitamin D & Calcium	do gentle stretches	report tripping hazards
play with grandkids	remove clutter	FREE	no plonking	keep walkways clear
visit with friends	replace old lightbulbs	avoid sugary drinks	go fishing	use walking aid
visit with family	no polish on floors	drink lots of water	do yoga	wear shoes with good soles

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BEHAVIOURS

INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

manage chronic conditions	replace old lightbulbs	avoid sugary drinks	do gentle stretches	check cane tips
play with grandkids	remove scatter rugs	get vitamin D & Calcium	go dancing	sweep/rake paths
don't mix medicine & alcohol	store cords out of way	FREE	light yard work	walk instead of drive
visit with family	keep phone nearby	eat a variety of foods	no plonking	report tripping hazards
have eyes checked	put bell on pet collar	eat fish	take exercise class	keep walkways clear

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OUTDOORS

wear hip protectors	use handrailings	drink lots of water	no plonking	keep firewood handy
have eyes checked	no polish on floors	eat vegetables	light yard work	walk instead of drive
visit with friends	remove scatter rugs	FREE	take exercise calss	put away hoses
manage chronic conditions	store cords out of way	eat a variety of foods	stand up often	use walking aid
don't mix medicine & alcohol	keep phone nearby	eat fish	do tai-chi	choose well-lit paths

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BEHAVIOURS

INDOORS

NUTRITION

GET ACTIVE

OUTDOORS

manage chronic conditions	remove clutter	eat fish	food gathering	report tripping hazards
play with grandkids	keep phone nearby	eat fruits	exercise daily	keep firewood handy
take medicine as directed	put bell on pet collar	FREE	walk daily	keep walkways clear
visit with friends	non-slip mat in bath	get vitamin D & Calcium	no plonking	check cane tips
wear hip protectors	use handrailings	eat a variety of foods	do some canning	put away hoses

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