## Some medications can put you at risk of falling

**To help you stay on your feet** have your medications checked by your doctor or pharmacist:

## Every 6 to 12 months When your prescriptions change If you feel drowsy, dizzy, lightheaded or unsteady

To learn more about how you can prevent a fall **WWW.preventfalls.ca** 



Winnipeg Regional<br/>Health AuthorityOffice régional de la<br/>santé de WinnipegCaring for HealthÀ l'écoute de notre sa

