



Build Bone Strength & Density

Health and Wellness

Tip of the Week
Week 21
May 25, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

Prevent Falls As You Age

Each year, over 300,000 people ages 65 or older, are hospitalized for hip breaks caused by a fall. To help prevent hip fractures, follow these steps to strengthen your bones:

- Talk to your doctor about your chances of falling.
- Ask your doctor or pharmacist to review medication you take and if they make you sleepy or dizzy.
- Get screened for osteoporosis
- Do strength and balance exercises
- Get a yearly eye exam
- Make your home safe by getting rid of tripping hazards, putting up railings and adding more lights.

Source: Centers for Disease Control and Prevention

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