

Free

Power-Failure Night Lights & Falls Prevention

Focus on Maintaining Independence

Also available: Cell Phones for 911 use only
120 page Exercise & Physical Activity book from the
National Institute on Aging

Provided by Oconto County Public Health Department's
"Focus on Maintaining Independence" and "Preparedness" Programs

3-in-1 LED Night Lights (retail at \$12.99) functions:

- ✓ **manual or automatic on/off night light**
- ✓ **automatically turns on when power fails**
- ✓ **use as rechargeable flashlight up to 7 hours**

You *can* have optimal quality of life as you age. You *can* stay independent longer. Many falls *are* preventable. This FREE program can help Oconto Co. residents learn how.

Call Carol Jean Luebeck RN at 920-834-7000 for more information.

Prepare to Prevent Falls!