

TAKE CHARGE!

Falls Prevention Deserves Your Attention

Falling is NOT a normal part of aging!

Join CTN in this **FREE** opportunity to maintain your independence and prevent a fall for a chance to **WIN A PRIZE!**

| HOW TO PLAY: | |
|---|--|
| IF YOU... | THEN YOU... |
| Complete ANY BOX (besides the explanation of categories) | Earn 1 entry to win a 'Healthy Human' prize |
| OR | |
| Complete at least 3 DIFFERENT COLORED boxes | Earn 1 entry to win a 'On your way' prize |
| OR | |
| Complete a least 5 DIFFERENT COLORED boxes | Earn 1 entry to win a 'Falls Prevention Hero' prize |

| Once you have finalized your TAKE CHARGE! activities, please CHOOSE 1 of the following ways to submit by October 7th, 2022: | |
|---|--|
| MAIL | TAKE CHARGE! 34 Van Gordon Suite 200 Lakewood, CO 80228 |
| EMAIL | TAKECHARGEOFFALLS@gmail.com |

**** ANY AND ALL PARTICIPATION IS WELCOMED AND CELEBRATED ****