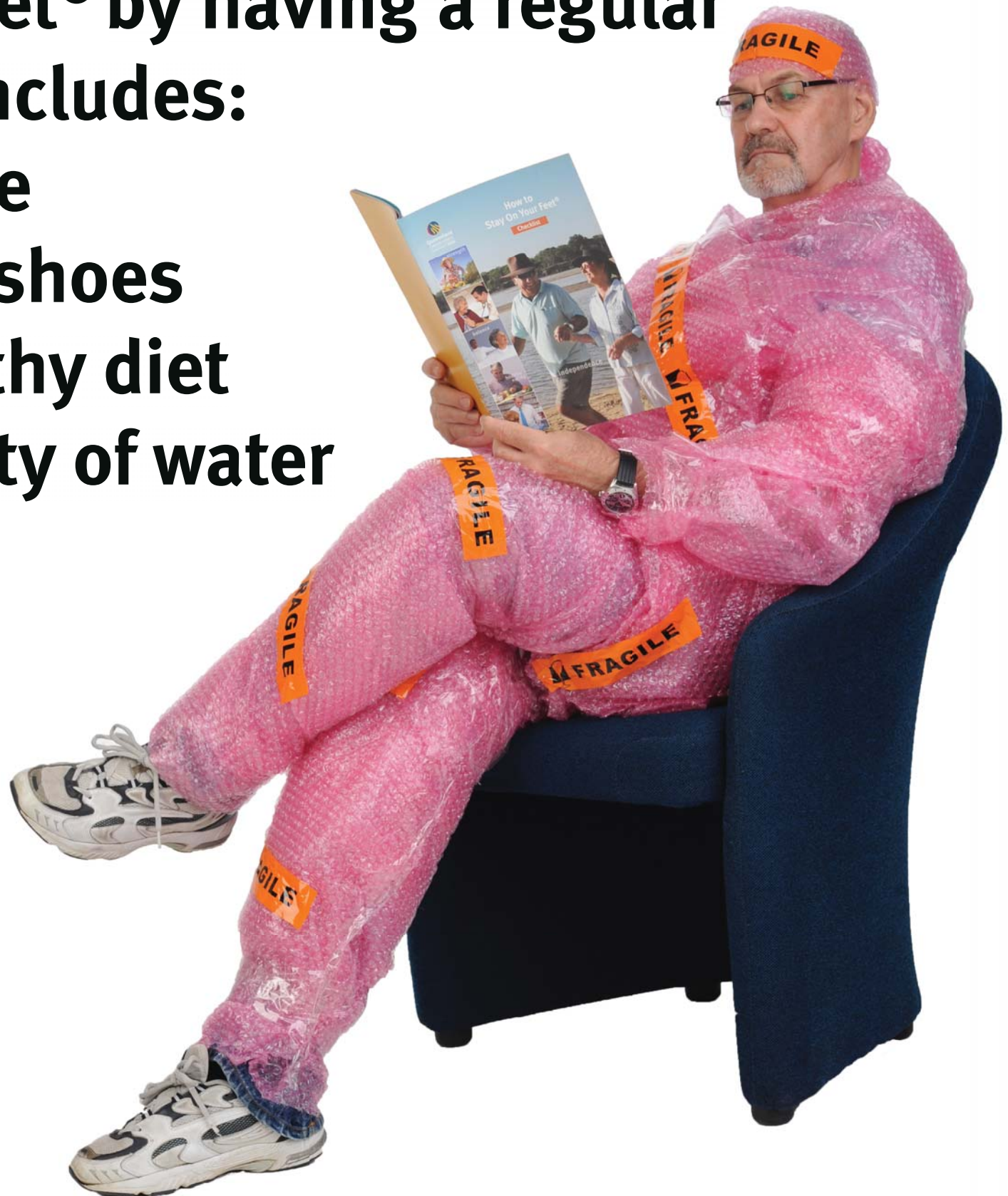


# ‘There are better ways to prevent falls for people living with dementia’

**Stay On Your Feet® by having a regular routine which includes:**

- keeping active
- wearing safe shoes
- eating a healthy diet
- drinking plenty of water
- not rushing.



For more information: [health.qld.gov.au/stayonyourfeet](http://health.qld.gov.au/stayonyourfeet)  
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