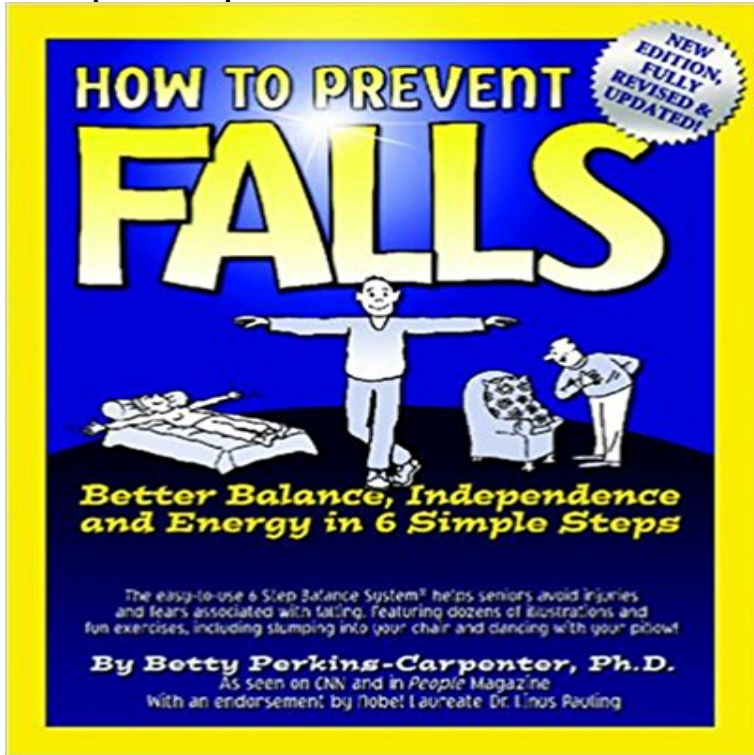


# How To Prevent Falls: Better Balance, Independence and Energy in 6 Simple Steps



Description: The book How To Prevent Falls is based on Dr. Betty Perkins-Carpenter's unique Six Step Balance System, designed to teach seniors how to prevent falls and avoid potentially devastating injuries, while increasing energy and maintaining independence through a series of safe, easy and fun to do balance exercise activities.

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