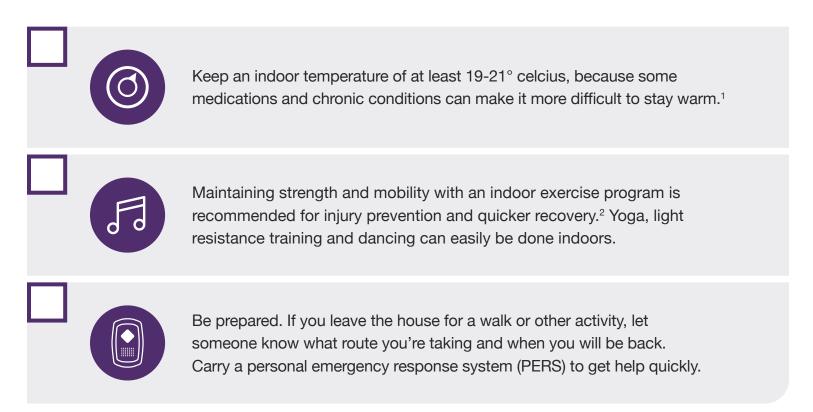
## Safety Tips for Cold Weather Hazards



As the months grow colder, inclement weather conditions can increase the risk of falls. Wet leaves, snow, and ice on the ground can be hazardous, making it more difficult to maintain balance.

Start your winter-weather planning and help prevent injury with this checklist:



Plan ahead when the temperatures start to drop! Review this checklist and other safety precautions with the support of your spouse, family, or friends.

And if accidents do happen, TELUS LivingWell Companion, a personal emergency response service with optional fall detection capability, can provide you with access to help.

Talk to your healthcare professional or contact us at: 1-844-979-2008 #telus.com/livingwell

