

Health Notes

September Is Fall Prevention Awareness Month



A Health & Wellness Message for Our Church Family

September invites us to reflect on God's call to care for our bodies and to support one another in love. Falls are preventable and protecting our health is an act of stewardship, wisdom and community care.

A Scriptural Foundation for Health & Safety

- **"The Lord makes firm steps of the one who delights in Him."** - Psalms 37:23 God desires stability, safety and confidence in our daily walk.
- **Let the wise listen and add to their learning."** - Proverbs 1:5 Learning how to prevent falls is an act of wisdom.
- **"Carry each other's burdens."** - Galatians 6:2 Supporting those at higher risk is part of our calling as the body of Christ.
- **"The body is a temple of the Holy Spirit."** - 1 Corinthians 6:19 Caring for our physical health honors God.

Tips for Children & Youth

- **Safe Play Habits**—Clear play areas, proper shoes and supervision.
- **Sports Safety**—Stretching, hydration and protective gear
- **Device Awareness**—Teach kids not to walk while looking at screens
Scripture tie-in: "A prudent person foresees danger and takes precautions.." Proverbs 22:3

Tips for Adults

- **Strength & Balance Exercises**—Build stability and reduce risk
- **Medication Review**—Some cause dizziness; check with you clinician
- **Home Safety**—Improve lighting, remove clutter, secure rugs
Scripture tie-in: "Commit to the Lord whatever you do, and He will establish your plans." Proverbs 16:3
Steps to protect your health is part of wise planning.

Tips for Older Adults

- **Vision & Hearing Checks**—Annual exams help maintain balance
- **Assistive Devices**—Use canes, walkers, grab bars and railings
- **Stay Socially Connected**— Movement & fellowship reduce fall risk
Scripture tie-in: "Even to your old age and gray hairs I am He... I will sustain you." Isaiah 46:4 —
God sustains us and we support one another.

A Prayer for our Church Family

Gracious & Loving God, We thank You for guiding our steps and watching over our lives. As we observe Fall Prevention Month, grant us wisdom to care for our bodies and compassion to care for one another. Strengthen our balance, steady our paths, help us create safe homes and a supportive church community. Bless every generation with health, vitality and confidence. May Your peace guard our hearts and Your hand guide our steps. In Jesus' name, Amen.