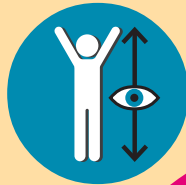


Take small steps to stay on your feet

Get checked out top to toe



Get enough vitamin D



Calcium keeps bones strong



Clear your way at home



Stay active

Find out five easy tips for older people to stay on their feet at www.edinburgh.gov.uk/fiveeasysteps

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