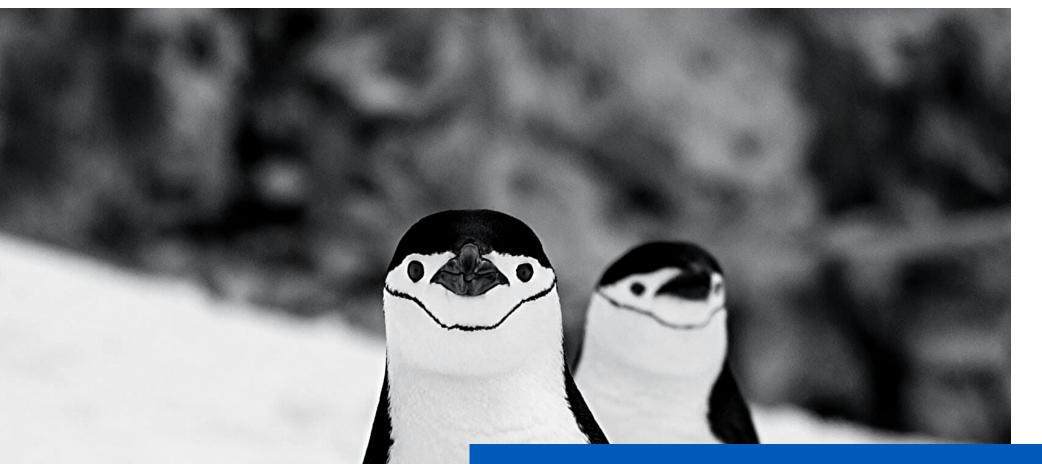
AVOID WINTER FALLS WALK LIKE A PENGUIN



HANDS OUT OF POCKETS



TOES POINTING OUT

SLOW, SHORT STEPS

HEALTHMATTERS.IDAHO.GOV

HEALTH matters