**GOAL: FINISH AND POST BY TUESDAY**

Bulletin Insert:

New Year Healthy You!

Our congregation is part of the Maryland Faith Health Network so that we can best support you and your families in the event you are hospitalized at LifeBridge Health. See (***INSERT LIAISON’S NAME AND CONTACT INFO***) if you have questions about the program. Please sign up today!

Fall Prevention: A Message from the Health Ministry

A simple slip can send you to the hospital. Here are a few steps you can take to make your home as safe as possible:

* Have your pharmacist check your prescriptions in case they may contribute to dizziness.
* Remove clutter and reorganize things that you use often so that they are easy to access.
* Light hallways (esp. between bedrooms and bathrooms)

Through our congregation’s participation in the Maryland Faith Health Network, we want to help each of you be healthy and safe. They are hosting a special 7-week course on fall prevention called “Stepping ON!” starting Monday, March 7 at the Edward A. Myerberg Center in Baltimore. For more information, call 410-601-7889.