



MyMobility Plan

Did you know?

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Older adults who make a plan are more likely to take action to protect their mobility and independence.

Take action today to help stay safe, mobile, and independent tomorrow. Create your own MyMobility Plan in these three areas:

MySelf

How to stay independent



MyHome

How to stay safe at home



MyNeighborhood

How to stay mobile in your community



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

Learn more and download the MyMobility Plan:
bit.ly/CDC-MyMobilityPlan