**PACE Senior Winter Tips**

Dress for "Success" in the Winter Season...

 Head to Toe

\*Wear hat and/or ear muffs to prevent rapid

Loss of heat from head area. Cover ears to decrease risk of frost bite.

\*Use scarf around nose & mouth areas to warm air; especially helpful for people with

Respiratory & cardiac issues.

\*Wear wool coat or down jacket; preferably longer in length to cover hips & upper legs.

\*Don't forget gloves. Fingers can become frost bitten within a short period of time.

\*Wear boots that offer good foot & ankle support...rubber tread & low heel to promote

Good balance.

\*Use assistive device such as a cane with a metal grip tip when necessary.