

# Fall Prevention & Wellness Event



September is  
Fall Prevention Month



## Event Partners

Thank you to our event partners for sharing their time and expertise:

- ◇ Barr's Pharmacy
- ◇ Cedarville University School of Pharmacy
- ◇ Greene County Public Library Outreach Program
- ◇ VRI
- ◇ WBZI Real Roots Radio

**Thursday, September 29th**  
from 1:30—3:30pm

Xenia Community Center, 1265 W. Second St

Falls are the leading cause of emergency room visits, hospital stays, and deaths for seniors, but they do not have to be!

Come join the GCCOA team as we learn to reduce our risk of falls and keep ourselves strong, healthy and upright!

- Fall & Balance Assessments
- Device Station
- Technology Resources, including Emergency Response Systems, Medication Dispensing Systems, and Fall Apps for smart phones
- Review of High Fall Risk Medications (bring your med list)
- Chair Volleyball and other movement activities
- Blood Pressure and other screenings
- Door Prizes, including Kroger, Skyline, Lowes & Bob Evans Gift Cards
- Grab n' Go Snack Bag
- Live Remote — Real Roots Radio with Roy Hatfield



1195 W. Second Street, Xenia OH 45385 • *Find us on Facebook!*

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