



*September is  
Fall Prevention  
Month*

### **10 Mile Walking Challenge**

**September 1 to 27**

We will have prizes for the most steps. Email or drop off photo with your name, address, phone number and how many steps/miles you completed. There will be a walking path at XCC on Sept 12th to get in some of those steps.

### **Event Partners**

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

- ◇ Barr's Pharmacy
- ◇ Buckeye Home Health
- ◇ Cedarville University School of Pharmacy
- ◇ OSU Extension
- ◇ Senior Resource Connection
- ◇ VRI
- ◇ WBZI Real Roots Radio

# **Fall Prevention & Wellness Event**

**Thursday, September 12th**

**from 1:00pm to 3:30pm**

**Xenia Community Center, 1265 West Second Street**

Falls are the leading cause of emergency room visits, hospital stays, and deaths for seniors, but they don't have to be! Join the GCCOA team as we learn to reduce our risk of falls and keep ourselves strong, healthy and upright!

- Fall & Balance Assessments
- Balance Exercise Circuit
- Review of High Fall Risk Medications (bring your med list) and Diabetes Medications (bring your blood sugar log card)
- Blood Pressure and other screenings
- Device Station/Safety Checks of Canes, Walkers, etc.
- Tech Resources, including Emergency Response Systems, Medication Dispensers, and Fall Apps for smart phones
- Improving Our Health Through Nutrition
- GCCOA Online Classes Demo for Laptops & Tablets
- Fitness Class Info and Try Your Hand at Chair Volleyball
- 2:30—3:00pm Presentation: Do's & Don'ts When You Fall
- Door Prizes, including Kroger, Skyline, Lowes & Bob Evans Gift Cards
- Grab n' Go Supper Bag for those who are 60 and better; register at the door
- **Live Remote — Real Roots Radio with Roy Hatfield**