

# Fall Prevention & Wellness Event

September is  
Fall Prevention Month



**Wednesday, September 27th**  
from 1:30–3:30pm

Xenia Community Center, 1265 West Second Street

Falls are the leading cause of emergency room visits, hospital stays, and deaths for seniors, but they 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!

## Event Partners

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

- ◇ Barr's Pharmacy
- ◇ Cedarville University  
Schools of Nursing and  
Pharmacy
- ◇ VRI
- ◇ WBZI Real Roots Radio

- Fall & Balance Assessments
- Device Station/Safety Checks of Canes, Walkers, etc.
- 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**