



September is Fall Prevention Month

Join us at the 2026

Fall Prevention & Wellness Event

Thursday, September 10, 1:00 to 3:30 pm

Xenia Community Center, 1265 W. Second Street

Each year, more than one out of four older people fall each year, but fewer than half tell their doctor. Falling once doubles your chances of falling again. Join the GCCOA team as we learn to reduce our risk of falls and keep ourselves strong, healthy and upright!



Thanks to our event Partners for sharing their time and expertise:

- Barr's Pharmacy
- Buckeye Home Health
- Cedarville University Allied Health
- WBZI Real Roots Radio
- Fall & Balance Assessments
- Balance Exercise Circuit
- Strength and Core Training Demo
- Review of High Fall Risk Medications (bring your med list) and Diabetes Medications
- Blood Pressure Information
- Device Station/Safety Checks of Canes, Walkers, etc.
- Tech Resources, including Emergency Response Systems, Medication Dispensers, and Fall Apps for smart phones
- Fitness Class Info, Chair Volleyball, & Jazzminton
- 2:00 pm – Physical therapist Phillip Hotz talks with us about fall prevention and home safety
- Door Prizes, Gift Cards, and more
- Live Remote — Real Roots Radio with Roy Hatfield