



*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 for you to get in some of those steps.

Event Partners

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

- ◇ Barr's Pharmacy
- ◇ Cedarville University School of Pharmacy
- ◇ 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! 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/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) and Diabetes Medications (bring your blood sugar log card)
- Fitness Corner: Chair Volleyball, Tai Chi, and other movement activities
- Blood Pressure and other screenings
- 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
- **Live Remote — Real Roots Radio with Roy Hatfield**