

# Fall-Free Fact

with the Area Agency on Aging District 7 (AAA7)  
and Shawnee State University  
Occupational Therapy Program

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**Research shows over and over the effectiveness of exercise in preventing falls. See some great examples of exercises you can do while sitting or standing in your home by watching our recorded broadcast on Facebook or visiting our website at [www.aaa7.org](http://www.aaa7.org) - click on the "Fall-Free Fridays" promo box and look for the information for the October 16th episode.**