

Fall-Free Fact

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

Daily decisions about how you complete everyday activities affect your risk for falling. Learn more about how to “tune up” healthy habits by watching our recorded broadcast on Facebook or visiting our website at www.aaa7.org - click on the “Fall-Free Fridays” box and look for the information for the October 23rd episode.