

# Fall-Free Fact

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

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**Believing you can make changes is the key to learning new habits, while thinking you can't change can be a recipe for falls. Learn more about how to banish "stinking thinking" by watching our recorded education on Facebook or visiting our website at [www.aaa7.org](http://www.aaa7.org) - click on the "Fall-Free Fridays" box and look for the information for the October 30th episode.**