

Fall-Free Fact

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

Taking care of your health and managing any chronic conditions lowers your risk of falling. Learn more about why managing your health is an important part of preventing a fall by watching our recorded broadcast on Facebook or visiting our website at www.aaa7.org - click on the "Fall-Free Fridays" promo box and look for the information for the October 9th episode.