

Fall-Free Fact

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

Fatigue plays a major role in many falls. Learn more about ways to conserve your energy and make tasks simpler by watching our recorded education on Facebook or visiting our website at www.aaa7.org.

Click on the "Fall-Free Fridays" box and look for the information for the December 4th episode.