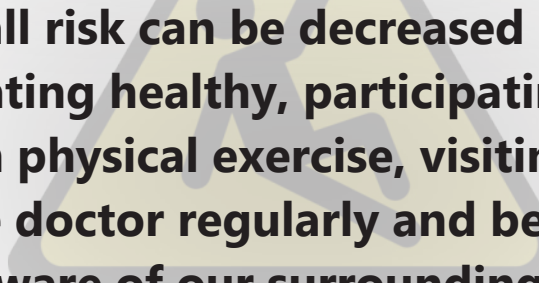


Fall-Free Fact

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



Fall risk can be decreased by eating healthy, participating in physical exercise, visiting the doctor regularly and being aware of our surroundings.