



Wellness Tip of the Week

with the Area Agency on Aging District 7

Falls Prevention Coaching

Do you or someone you know have a fear of falling? Take advantage of free falls prevention coaching! Currently available through the AAA7 and Shawnee State University Occupational Therapy Program. Coaching will be conducted over the phone or through a virtual format with no physical contact. Call today for your appointment - 1-800-582-7277 and ask for Hannah at ext. 247.