

Wellness Tip of the Week

with the Area Agency on Aging District 7



Falls Prevention Awareness

This week is National Falls Prevention Awareness Week. We're sharing tips from the Ohio Department of Aging on our Facebook page this month. Additional helpful resources include the Ohio Department of Aging's STEADY U Ohio initiative at <https://www.aging.ohio.gov/steadyu> or the National Council on Aging at <https://www.ncoa.org>.