

Fall-Free Fact

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

Everyone is different, and making a plan to prevent falls for yourself is an important tool. Learn more about how creating your own plan to prevent falls 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 11th episode.