

Help us take **10** million steps to prevent falls

Thursday, Sept. 22, 2016

(National Falls Prevention Awareness Day)

One in three older Ohioans will fall this year. Help the STEADY U Ohio initiative stop the epidemic of falls by joining us to take “10 Million Steps to Prevent Falls.” Here’s how you can help:

- **Organize a falls prevention awareness walk** of at least one mile in your community. Potential venues include indoor and outdoor walking tracks, YMCAs, community/state/metro parks, walking/bike paths, hiking trails, city sidewalks, malls and more.
- **Visit www.steadyu.ohio.gov** by Sept. 15, to register your event and download promotional and educational resources. Information about your event will be posted on the website and shared with media.
- **Hold your event on Sept. 22**, then return to www.steadyu.ohio.gov to report the total number of participants and miles walked.

Four thousand people walking one mile each is approximately 10 million steps. Help us prevent falls, one step at a time.

For more information, visit www.steadyu.ohio.gov or call **614-728-0253**.



**Preventing Falls...
One Step at a Time**