



Falls Prevention Awareness Day 2016



Find a "10 Million Steps" Falls Prevention Event in Your Community

<p>9/2/2016 - 10 a.m. Medina County</p> <p>Hosted by: Medina County Senior Walk Contact: Linnea Tillo, 330-225-9121</p> <p>Historic Medina Square 23 Public Square # 220 Medina, OH 44256</p>	<p>9/9/2016 - 11 a.m. Allen County</p> <p>Hosted by: Area Agency on Aging 3 Contact: Dancie Mohler, 419-222-7723</p> <p>Allen County Sanitation Building Cole St. Lima, OH</p>
<p>9/12/2016 - 8 a.m. Butler County</p> <p>Hosted by: Oxford Seniors Master Games Contact: Sabrina Jewell, 513-523-8100</p> <p>Oxford Seniors 922 Tollgate Dr. Oxford, OH 45056</p>	<p>9/13/2016 - 8 a.m. Butler County</p> <p>Hosted by: Community First Solutions - Elements Contact: Emily Lampley, 513-820-5047</p> <p>Berkeley Square Retirement Community 100 Berkeley Dr. Hamilton, OH 45013</p>



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<p>9/15/2016 - 8:45 a.m. Cuyahoga County</p> <p>Hosted by: Cleveland Department of Aging Contact: Ray Odom or Mary McNamara, 216-664-2833</p> <p>Cleveland Senior Walk on Mall C in Downtown Cleveland Next to Cleveland City Hall Cleveland, OH 44114</p> <p>This free one or two mile fun walk begins at Mall C and includes health screenings, health information, healthy snacks and more. Free shuttles will take walkers from the Municipal Lot to Mall C. Free T-shirts for the first 1000 registered! In case of bad weather, the walk will be moved to Public Hall, 500 Lakeside Ave.</p>	<p>9/19/2016 - 2:00 p.m. Belmont County</p> <p>Hosted by: Belmont County Health Department Contact: Jaclyn Yahn, 740-695-1202 Ext. 30</p> <p>Fox Shannon Park Walking Trail 68501 Bannock Rd. St. Clairsville, OH, 43950</p> <p>Department organized walk for employees.</p>
<p>9/19/2016 - 9:30 a.m. Richland County</p> <p>Hosted by: Ohio District 5 Area Agency on Aging Contact: Teresa Cook, 419-524-4144</p> <p>Area Agency on Aging - Hawkins Corner 2131 Park Ave. West Ontario, OH 44906</p> <p>The Area Agency on Aging Staff will be having a walking relay race to raise awareness for National Falls Prevention Awareness Day in our parking lot. We will be handing off specially made batons and racing to the finish line to show our support for the 10 million steps to prevent falls campaign.</p>	<p>9/20/2016 - 7:30 a.m. Lake County</p> <p>Hosted by: Breckenridge Village Contact: Lisa Mansour, 440-942-4342</p> <p>Breckenridge Village Retirement Community 36855 Ridge Rd. Willoughby, OH</p> <p>Please join us any time during the day at The Veale Wellness and Aquatic Center on the Breckenridge Village campus.</p>



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<p>9/20/2016 - 11 a.m. Van Wert County</p> <p>Hosted by: YMCA of Van Wert County Contact: Kelly Houg, 419-238-0443</p> <p>YMCA of Van Wert County 241 West Main St. Van Wert, OH 45891</p>	<p>9/21/2016 - 12:00 p.m. Cuyahoga County</p> <p>Hosted by: Kent State University College of Podiatric Medicine Contact: Jordan Bueche, 941-544-1034</p> <p>Kent State University College of Podiatric Medicine 6000 Rockside Woods Blvd Independence, Ohio, 44131</p> <p>We will be meeting at the pavilion next to the rec field, with the walk taking place on the fitness path.</p>
<p>9/21/2016 - 12:30 p.m. Union County</p> <p>Hosted by: Richwood Civic Center Contact: Gaybrielle Hastings, 740-943-2310</p> <p>Richwood Civic Center 235 Grove St. Richwood, Ohio 43344</p> <p>Wear Comfortable clothing and shoes. Should it rain on our parade, we will walk inside the Civic Center!</p>	<p>9/21/2016 - 12:00 p.m. Wood County</p> <p>Hosted by: Welch Publishing Co. Contact: Debra M. Brungard, 419-874-4491</p> <p>Welch Publishing Co. 117 East Second Street Perrysburg, OH 43551</p>



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<p>9/22/2016 - 8-10 a.m. and 1-2 p.m. Athens County</p> <p>Hosted by: United Seniors of Athens County, Inc. Contact: Joyce Lewis, 740-594-3535</p> <p>Athens Community Center 701 E. State Street Athens, OH 45701</p>	<p>9/22/2016 - 8 a.m. Belmont County</p> <p>Hosted by: Area Agency on Aging Region 9 Contact: Jeffrey Arnold, RN, 740-435-4734</p> <p>Emerald-Pointe Health & Rehab 100 Michelli St. Barnesville, OH 43713</p>
<p>9/22/2016 - 10 a.m. Cuyahoga County</p> <p>Hosted by: Fairhill Partners Contact: Stephanie FallCreek, 216-421-1350</p> <p>Fairhill Partners 12200 Fairhill Road Cleveland, Ohio 44120</p> <p>Help take 10 Million Steps to Prevent Falls by walking around the Fairhill Partners campus! Register at our front desk and do a self-guided 1-mile walk - or join one of three guided 1-mile walks at 10 a.m., noon, and 4 p.m.</p>	<p>9/22/2016 - 1 p.m. Cuyahoga County</p> <p>Hosted by: Peter B. Lewis Aquatic & Therapy Center Contact: Ryan Scafuro, 216-595-7345</p> <p>Acacia Reservation 26899 Cedar Rd Lyndhurst, Ohio 44124</p> <p>Peter B. Lewis is hosting a fall prevention day on September, 22 2016. The walk will be held at Acacia Reservation with a metro park naturalist.</p>



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<p>9/22/2016 - 1:30 p.m. Cuyahoga County</p> <p>Hosted by: Western Reserve Area Agency on Aging Contact: Christine Terry, 216-621-0303</p> <p>Western Reserve Area Agency on Aging 925 Euclid Ave Cleveland, Ohio 44115</p> <p>Let's join STEADY U by walking at least one mile on Sept. 22 in acknowledgement of falls prevention. If you are interested in walking for the cause, please join the WRAAA Team!</p>	<p>9/22/2016 - 8:30 a.m. Defiance County</p> <p>Hosted by: Defiance County General Health District Contact: Katie Fitzwater, 419-784-3818</p> <p>Northtowne Mall 1500 North Clinton St. Defiance, OH 43512</p>
<p>9/22/2016 - 10 a.m. Erie County</p> <p>Hosted by: Erie County Older Adult Falls Coalition Contact: Sarah Hopperton, 419-626-5623</p> <p>Erie County Senior Center 620 East Water St. Sandusky, OH 44870</p> <p>Registration starts at 9:30 a.m., walk starts at 10:00 a.m.</p>	<p>9/22/2016 - 9 a.m. Franklin County</p> <p>Hosted by: Ohio Health Care Association Contact: Stephen Mould, 614-436-4154</p> <p>Ohio Health Care Association 55 Green Meadows Drive South Lewis Center, Ohio 43085</p>



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<p>9/22/2016 - 12:00 p.m. Gallia County</p> <p>Hosted by: Area Agency on Aging District 7, Inc. Contact: Breanna Williams, (800)582-7277 ext. 22247</p> <p>Area Agency on Aging District 7, Inc. 160 Dorsey Drive Rio Grande, OH 45674</p>	<p>9/22/2016 - 9 a.m. Greene County</p> <p>Hosted by: Yellow Springs Senior Center Contact: Corinne Pelzl, 937-767-5751</p> <p>Little Miami Bike Trail behind Miami Township Fire-Rescue 225 Corry St. Yellow Springs OH 45387</p> <p>Walk will be on the Little Miami Bike Trail, starting behind the fire station (Miami Township Fire-Rescue) at 225 Corry St., Yellow Springs, Ohio.</p>
<p>9/22/2016 - 8 a.m. Guernsey County</p> <p>Hosted by: Area Agency on Aging Region 9 Contact: Jeffrey Arnold, RN, (740) 435-4734</p> <p>McFarland Stadium 1101 McFarland Dr. Cambridge, OH 43725</p>	<p>9/22/2016 - 3:30 p.m. Hamilton County</p> <p>Hosted by: Cottingham Retirement Community Contact: Marlo Swanson, 513-563-3814</p> <p>Cottingham Retirement Community Indoor Track 3995 Cottingham Drive Cincinnati, OH 45241</p>



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<p>9/22/2016 - 11 a.m. Hamilton County</p> <p>Hosted by: Council on Aging of Southwestern Ohio Contact: Paula Smith, 5133453315</p> <p>Council on Aging of Southwestern Ohio 175 Tri County Parkway Cincinnati, OH</p> <p>Council on Aging staff will step out at 11am for our 10 Million Steps falls prevention awareness walk. Staff who are not located at COA headquarters are encouraged to walk on their own or at their satellite office with co-workers.</p>	<p>9/22/2016 - 10 a.m. Holmes County</p> <p>Hosted by: Holmes Co. General Health District- Injury Prevention Program Contact: Kerry MacQueen, CTRS, 330-674-5035</p> <p>Millersburg Depot Rail to Trails/ Hipp Station 1 Trail Dr. Millersburg, OH 44654</p> <p>It's going to be a beautiful day to walk and raise falls awareness, so bring a SMILE and join us!</p>
<p>9/22/2016 - 11 a.m. Lawrence County</p> <p>Hosted by: City of Ironton Health Department Contact: Laura Brown, 740-532-2172</p> <p>Farmer's Market Downtown Ironton South 2nd St. Ironton, OH 45638</p> <p>Last year, we had high schools in our county walking during their lunch time, and we have requested that they participate again. We also had downtown workers walk on their lunch break.</p>	<p>9/22/2016 - 8:30 a.m. - 4:30 p.m. Licking County</p> <p>Hosted by: Licking County Aging Program Contact: Bonnie Morton, 740-345-0821</p> <p>Indian Mound Mall 771 South 30th Street, Heath, OH 43056</p> <p>Please register for the walk at the Licking County Aging Program table located in the center of the mall. The walk is a self-guided so invite family and friends to walk with you. A free pedometer will be given to the first 100 registered walkers.</p>



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<p>9/22/2016 - 8:30 a.m. Licking County</p> <p>Hosted by: Licking County Aging Program Contact: Bonnie Morton, 740-345-0821 ext 213</p> <p>Licking County Family YMCA 470 W Church St. Newark, OH 43055</p> <p>Join the Licking County Aging Program at the YMCA on National Fall Prevention Awareness Day. Stop by the YMCA anytime between 8:30am - Noon to walk the indoor track and raise awareness one step at a time.</p>	<p>9/22/2016 - 12:00 p.m. Logan County</p> <p>Hosted by: Logan County Health District Contact: Cathy Summers, 937-651-6186</p> <p>Blue Jacket Park 900 Ludlow Rd. Bellefontaine, OH 43311</p> <p>Come on out during your lunch time. Bring a friend - we would love to walk with you!</p>
<p>9/22/2016 - 1 p.m. Lucas County</p> <p>Hosted by: Ursuline Center Contact: Rhonda Charles/Jess Torda, 419-536-3535</p> <p>Ursuline Center 4035 Indian Rd. Toledo, OH 43606</p> <p>This event is for Ursuline Center residents and staff, as well as the Ursula Academy students to help create awareness about falls.</p>	<p>9/22/2016 - 10:00 a.m. Mahoning County</p> <p>Hosted by: Area Agency on Aging 11 Contact: Ingrid Moore Curry, 330-505-2350</p> <p>Wick Park Recreation Center Wick Park Youngstown, OH 44505</p> <p>This is a city park and the recreation center has an indoor facility and a pavilion in case of rain. While it will be held in Mahoning county, it is open to residents of Ashtabula, Columbiana, Trumbull and Mahoning Counties as well.</p>



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<p>9/22/2016 - 9 a.m. Pickaway County</p> <p>Hosted by: Kingston Mound Manor Residents Committee Contact: Janet Ratliff, 740 474-3406</p> <p>Community Room #2 Whitney Ave. Circleville, OH</p> <p>In case of bad weather an alternative date will be selected. We will assemble at Community Room #2 and start at 9 A.M. 3 trips around Whitney Avenue is one mile. Bring a friend!</p>	<p>9/22/2016 - 10 a.m. Sandusky County</p> <p>Hosted by: Elmwood Assisted Living and Skilled Nursing of Fremont Contact: Barb Mason, 419-332-6533, ex. 1400</p> <p>On Campus Elmwood of Fremont 1545 Fangboner Rd. Fremont, OH 43420</p> <p>We will be gathering at 9:45 a.m. at the entrance of the Skilled Facility. Staff, residents, families and community people are welcomed to join us! Staff will be wearing pink and white Elmwood T-shirts so if you want to join, the color theme is pink or white.</p>
<p>9/22/2016 - 10 a.m. Stark County</p> <p>Hosted by: Aultman Health Foundation Contact: Dawn Williams, 330-363-9166</p> <p>Health Education Building 6046 Whipple Ave. NW North Canton, OH 44720</p>	<p>9/22/2016 - 10:30 a.m. Summit County</p> <p>Hosted by: Twinsburg Senior Center Contact: Laura Siefer, 330-963-8722</p> <p>Liberty Park Nature Center 9999 Liberty Rd. Twinsburg, OH 44087</p>



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<p>9/22/2016 - 1:00 p.m. Washington County</p> <p>Hosted by: O'Neill Center Contact: Nancy Matheny, 740-373-3914</p> <p>O'Neill Center 333 Fourth St. Marietta, OH 45750</p>	<p>9/22/2016 - Statewide</p> <p>Hosted by: Opportunities for Ohioans with Disabilities Contact: ,</p> <p>Offices throughout the state of Ohio</p>
<p>9/23/2016 - 12:00 p.m. Noble County</p> <p>Hosted by: Noble County Health Department/Home Health Contact: Belinda Powell, 740-732-4958</p> <p>Caldwell Walking Track behind the Fire Department 215 West St. Caldwell, OH 43724</p>	<p>9/24/2016 - 8:30 a.m. Franklin County</p> <p>Hosted by: Walk with a Doc Contact: Rachael Habash, 614-714-0407</p> <p>Highbanks Metro Park (Big Meadows Pavilion) Highbanks Metro Park (Big Meadows Pavilion) Walk with a Doc events are hosted every Saturday at Highbanks Metro Park and 250+ other communities throughout the nation! Check our website for a Walk near you. www.walkwithadoc.org</p>



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<p>9/25/2016 - 10:30 a.m. Cuyahoga County</p> <p>Hosted by: Community Partnership on Aging Contact: Therese Grida, 216-650-4029</p> <p>Highland Heights Community Center 5827 Highland Rd. Highland Heights, OH</p> <p>Meet at the Community Center under the awning/overhang.</p>	<p>9/27/2016 - 11:30 a.m. Franklin County</p> <p>Hosted by: Central Ohio Area Agency on Aging Contact: Katie Schuster, 614-645-7326</p> <p>Central Ohio Area Agency on Aging 3776 South High St. Columbus, OH 43207</p> <p>Please use main entrance and check in with front desk.</p>
<p>9/28/2016 - 10 a.m. Guernsey County</p> <p>Hosted by: Guernsey County Senior Citizens Center, Inc. Contact: Kylee Quinn, 740-439-6681</p> <p>Guernsey County Senior Citizens Center, Inc. 1022 Carlisle Ave. Cambridge, OH 43725</p>	