



# Falls Prevention Awareness Day 2017



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

<p><b>Monthlong</b> Mahoning County</p> <p>Hosted by: Blue Sky Therapy Contact: Rachel Brainard, 330-702-0110</p> <p>Various locations 510 W Main Street Canfield, OH</p> <p>Open to the public? No</p> <p>Each of our facilities will be participating in this challenge. We encourage them to walk 10,000 steps within this time period. We also are encouraging them to incorporate this challenge into their therapy plans for the week. They will be given a poster with steps in 2,000 increments to reach 10,000.</p>	<p><b>9/1/2017 - 10 a.m.</b> Guernsey County</p> <p>Hosted by: Guernsey County Senior Citizens Center Contact: Kylee Quinn, 740-439-6681</p> <p>The Great Guernsey Trail 63500 Corduroy Rd Cambridge, OH 43725</p> <p>Open to the public? Yes</p>
<p><b>9/7/2017 - 8:45 a.m.</b> Cuyahoga County</p> <p>Hosted by: Cleveland Senior Walk Contact: Adam Cisler, 216-664-2833</p> <p>Mall C Downtown Cleveland St Clair Ave NE Cleveland, OH 44114</p> <p>Open to the public? Yes</p> <p>Wear comfortable shoes and join us for this free one or two mile fun walk. Free T Shirts provided to the first 1,000 registered walkers. Registration begins at 8:45 a.m. followed by a brief program at 9:30 a.m. and the walk will begin at 10:00 a.m. Snacks and water will be provided.</p>	<p><b>9/9/2017 - 10 a.m.</b> Guernsey County</p> <p>Hosted by: Guernsey County Senior Citizens Center Contact: Kylee Quinn, 740-439-6681</p> <p>The Great Guernsey Trail 63500 Corduroy Rd Cambridge, OH 43725</p> <p>Open to the public? Yes</p>



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<p><b>9/15/2017 - 10:30 a.m.</b> 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 44143</p> <p>Open to the public? Yes</p> <p>Meet at the Community Center under the front awning.</p>	<p><b>9/20/2017 - 1 p.m.</b> Gallia County</p> <p>Hosted by: Area Agency on Aging District 7, Inc. Contact: Carla Cox, 800-582-7277 ext. 22284</p> <p>Rio Grande University 218 North College Avenue Rio Grande, OH 45674</p> <p>Open to the public? Yes</p> <p>The event will be held at the University Track and Field and in the case of inclement weather the event will be held at the University Lyne Center.</p>
<p><b>9/20/2017 - 10 a.m.</b> Holmes County</p> <p>Hosted by: Holmes County General Health District Contact: Kerry MacQueen, 330-674-5035</p> <p>Millersburg Depot 1 Trail Drive Millersburg, OH 44654</p> <p>Open to the public? Yes</p> <p>It's a Patriotic Falls Walk, so wear your red, white and blue and help spread the word about falls prevention in older adults!</p>	<p><b>9/20/2017 - 10 a.m.</b> Pickaway County</p> <p>Hosted by: Kingston Mound Manor Residents Contact: Janet Ratliff, 740-474-3406</p> <p>Kingston Mound Manor 655 Whitney Ave. Circleville, OH 43113</p> <p>Open to the public? Yes</p>



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<p><b>9/20/2017 - 11 a.m.</b> Hamilton County</p> <p>Hosted by: Council on Aging of Southwestern Ohio Contact: Amy Leonhardt, 513-345-3367</p> <p>Council on Aging 175 Tri-County Parkway Cincinnati, OH 45246</p> <p>Open to the public? Yes</p> <p>Between 11 a.m. and 1 p.m., sign in at a table in the main lobby and then head out to walk twice around our building to log your 1/2 mile. Wear fall colors. Sept. 20 is also a Food Truck Wednesday, so plan to stop by and grab some lunch on your way back to the office to support the Senior Services Levy. In case of rain on Sept. 20, the walk will be held on Friday, Sept. 22.</p>	<p><b>9/20/2017 - 11:30 a.m.</b> Hamilton County</p> <p>Hosted by: Hunter Consulting Company Contact: Alisha Tyler, 513-372-8702</p> <p>Hunter Consulting Company 6600 Clough Pike Cincinnati, OH 45244</p> <p>Open to the public? Yes</p> <p>Our office is hosting a walking event for Hunter Consulting Company staff members. Five total staff members will walk on September 20th at 11:30am in support of 10 million steps to prevent falls.</p>
<p><b>9/20/2017 - 12 p.m.</b> Lucas County</p> <p>Hosted by: Mercy Health- St. Vincent Medical Center Trauma Program Contact: Nicole Knepper, 419-251-3230</p> <p>Mercy Health- St. Vicent Medical Center 2213 Cherry Street Toledo, OH 43608</p> <p>Open to the public? Yes</p>	<p><b>9/20/2017 - 12 p.m.</b> Stark County</p> <p>Hosted by: Aultman Health Foundation Contact: Linda Griggs, MSN, RN-BC, ACNS-BC, (330)363-5019</p> <p>Aultman Hospital - Sixth Street Courtyard 2600 6th Street SW Canton, OH 44710</p> <p>Open to the public? Yes</p>



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<p><b>9/21/2017 - 2 p.m.</b> Franklin County</p> <p>Hosted by: Ohio Department of Aging &amp; Ohio Department of Health Contact: Sarah Duffy, 614-644-7924</p> <p>Ohio Department of Health Building 246 N. High St Columbus, OH 43215</p> <p>Open to the public? Yes</p> <p>Staff from the Departments of Aging and Health will walk to the Statehouse and back, pausing for a group picture. Staff from neighboring offices are welcomed to join in.</p>	<p><b>9/21/2017 - 2 p.m.</b> Perry County</p> <p>Hosted by: Fairview Assisted Living Contact: Tara Layne, 740-342-1213</p> <p>Fairview Assisted Living 5550 St Rt 37 E New Lexington, OH 43764</p> <p>Open to the public? Yes</p>
<p><b>9/21/2017 - 9 a.m.</b> Licking County</p> <p>Hosted by: Licking County Aging Program, Walk4Life Seniors on the Move Contact: Linda Ward, 740-755-5256</p> <p>Cherry Valley Rd. Bike Path Cherry Valley Rd. Newark, OH 43055</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 -</b> Statewide</p> <p>Hosted by: Opportunities for Ohioans with Disabilities - staff event</p> <p>Opportunities for Ohioans with Disabilities offices - Statewide</p> <p>Open to the public? No</p> <p>Opportunities for Ohioans with Disability staff at our state and regional offices will participate in an agency walk to raise awareness of older adult falls.</p>



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<p><b>9/22/2017 -</b> Franklin County</p> <p>Hosted by: Ohio Department of Medicaid Contact: Allyson L. Scott, 614-466-6608</p> <p>ODM Offices 50 W. Town Street Columbus, OH 43215</p> <p>Open to the public? No</p> <p>Ohio Department of Medicaid Staff will compete in walking groups all month long to contribute steps to the "10 Million Steps to Prevent Falls" campaign.</p>	<p><b>9/22/2017 - 1 p.m.</b> Coshocton County</p> <p>Hosted by: Coshocton Springs Health and Rehabilitation Center Contact: Aimee Spillman, (740)622-2074</p> <p>Coshocton Springs Health and Rehabilitation Center 1991 Otsego Avenue Coshocton, OH 43812</p> <p>Open to the public? Yes</p>
<p><b>9/22/2017 - 1 p.m.</b> Franklin County</p> <p>Hosted by: Health Policy Institute of Ohio Contact: Neva Hornbeck, 614-545-0761</p> <p>Downtown Columbus 10 W Broad Street, Suite 1150 Columbus, OH 43215</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 1 p.m.</b> Montgomery County</p> <p>Hosted by: Bethany Lutheran Village Contact: Craig Cole, 937-949-0783</p> <p>Bethany Village 6443 Far Hills Ave. Dayton, OH 45459</p> <p>Open to the public? Yes</p> <p>Employees and residents of Bethany Village will take part in trying to achieve at least 2500 steps in order to bring attention to falls prevention. The Bethany community is very driven to help prevent falls among mature adults.</p>



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<p><b>9/22/2017 - 10 a.m.</b> Guernsey County</p> <p>Hosted by: Guernsey County Senior Citizens Center Contact: Kylee Quinn, 740-439-6681</p> <p>The Great Guernsey Trail 63500 Corduroy Rd Cambridge, OH 43725</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 10 a.m.</b> Lorain County</p> <p>Hosted by: Kendal at Home Contact: Terri Lanham, 440-835-8681</p> <p>Splash Zone-Lorain County Metro Parks 95 West Hamilton Rd. Oberlin, OH 44074</p> <p>Open to the public? Yes</p> <p>Wear comfortable shoes and join us for this free 1 Mile Fun Walk to raise awareness for Falls Prevention. Bottled water and light snacks provided.</p>
<p><b>9/22/2017 - 10 a.m.</b> Lucas County</p> <p>Hosted by: Area Office on Aging of Northwestern Ohio, Inc. Contact: Rebecca Liebes, 419-382-0624</p> <p>Lakewoods Campus 2122 Garden Lake Drive Toledo, OH 43614</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 10 a.m.</b> Summit County</p> <p>Hosted by: Cardinal Retirement Village Contact: Elizabeth Applegate, 330-928-7888</p> <p>Cardinal Retirement Village 171 Graham Rd Cuyahoga Falls, OH 44223</p> <p>Open to the public? Yes</p>



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<p><b>9/22/2017 - 10 a.m. to 3 p.m.</b> Trumbull County</p> <p>Hosted by: Area Agency on Aging 11 Contact: Ingrid Moore, 330-505-2350</p> <p>Eastwood Mall Complex 5555 Youngstown Warren Road Niles, OH 4444</p> <p>Open to the public? Yes</p> <p>Walk-a-thon, health fair and health screenings with prizes and free food. Activities for all ages, abilities, and fitness levels, including fall prevention talk, Tai Chi, Silver Sneakers and food prep demonstrations, Walk with a Doc and March with a Soldier. Sponsored by: Cafaro Corporation, Eastwood Mall, Mercy Health, Youngstown State University, and Fizek fitness center.</p>	<p><b>9/22/2017 - 10:30 a.m.</b> Franklin County</p> <p>Hosted by: Ohio Emergency Management Agency Contact: Kelli Blackwell, (614) 799-3694</p> <p>Ohio EMA parking lot 2855 W Dublin Granville Rd Columbus, OH 43235</p> <p>Open to the public? Yes</p>
<p><b>9/22/2017 - 11 a.m.</b> Putnam County</p> <p>Hosted by: Putnam County Council on Aging Contact: Jodi Warnecke, 419-523-4121</p> <p>Leipsic Community Center 120 E. Main Street Leipsic, OH 45856</p> <p>Open to the public? Yes</p> <p>Join us at the Leipsic Community Center for a free Lunch and Learn in honor of Fall Prevention Awareness Day. The event will be from 11:00 am to 1:00 pm and includes: free lunch (with RSVP), presentation on fall prevention strategies by PT Services, and short walk around the indoor track.</p>	<p><b>9/22/2017 - 11 a.m. to 2 p.m.</b> Lawrence County</p> <p>Hosted by: City of Ironton Health Department Contact: Laura Brown, 740-532-2172</p> <p>Farmer's Market South 2nd street Ironton, OH 45638</p> <p>Open to the public? Yes</p> <p>Farmer's market located on the corner of South 2nd and Park Ave in Ironton. A health Fair with lots of education, Free cold water, Free nutritious snacks and Free fresh fruit will be available to all walkers. Come and join us!!!!!!</p>





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<p><b>9/22/2017 - 11:30 a.m.</b> Summit County</p> <p>Hosted by: GoJo Contact: Jennifer LaFleur, 330-255-6000</p> <p>GOJO Plaza One GOJO Plaza, Suite 500 Akron, OH 44311</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 12 p.m.</b> Cuyahoga County</p> <p>Hosted by: Foster Grandparent Program Contact: Denise Draper, 216-707-6005</p> <p>East End Neighborhood House 2749 Woodhill Rd. 44104 Cleveland, OH</p> <p>Open to the public? Yes</p> <p>We will meet at East End Neighborhood House and begin our walk at 12:00 p.m. At the conclusion of our walk we will have vendors available to do health care screenings.</p>
<p><b>9/22/2017 - 12 p.m.</b> Cuyahoga County</p> <p>Hosted by: Fairhill Partners Contact: Karen McKeehan, 216-421-1350</p> <p>Fairhill Partners 12200 Fairhill Road Cleveland, OH 44120</p> <p>Open to the public? Yes</p> <p>We will be hosting a guided walk around our campus and the neighborhood.</p>	<p><b>9/22/2017 - 12 p.m.</b> Cuyahoga County</p> <p>Hosted by: The MetroHealth System Contact: Janet Montoya, 216-978-1244</p> <p>The MetroHealth System 2500 MetroHealth Drive Cleveland, OH 44109</p> <p>Open to the public? Yes</p> <p>We will be walking one mile around the walking path in the Quad area by the MetroHealth Towers.</p>





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<p><b>9/22/2017 - 12 p.m.</b> Hardin County</p> <p>Hosted by: Kenton-Hardin Health Department Contact: Diana Carroll-Aghdam, (419) 673-6230</p> <p>Downtown Kenton 175 West Franklin Street Kenton, OH 43326</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 12 p.m.</b> Lucas County</p> <p>Hosted by: ProMedica Trauma Services Contact: Amie Bonham, 419-291-4643</p> <p>ProMedica Toledo Hospital 2142 N Cove Blvd Toledo, OH 43606</p> <p>Open to the public? Yes</p>
<p><b>9/22/2017 - 12 p.m.</b> Wood County</p> <p>Hosted by: Welch Publishing Co. Contact: Deb Brungard, 419-874-4491</p> <p>Perrysburg Messenger Journal 130 Louisiana Avenue Perrysburg, OH 43551</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 2 p.m.</b> Cuyahoga County</p> <p>Hosted by: Kendal at Home Contact: Joanne Cornell, 440-835-8681</p> <p>Nature Center at Shaker Lakes 2600 South Park Blvd. Cleveland, OH 44120</p> <p>Open to the public? Yes</p> <p>Wear comfortable shoes and join us for this free 1 Mile Fun Walk to raise awareness for Falls Prevention. Bottled water and light snacks provided.</p>



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<p><b>9/22/2017 - 7 a.m.</b> Clark County</p> <p>Hosted by: Northwestern Local Schools Contact: Jessica Kitchen, 937-964-1318 x3130</p> <p>Northwestern High School Track 5610 Troy Rd Springfield, OH 45502</p> <p>Open to the public? Yes</p> <p>The event will take place on our high school track. This will be open for staff and their families, as well as students.</p>	<p><b>9/22/2017 - 7 a.m.</b> Muskingum County</p> <p>Hosted by: Genesis Trauma Services Contact: Rebecca Geyer, 740-455-7659</p> <p>Genesis HealthCare System 945 Bethesda Drive, Suite 260 Zanesville, OH 43701</p> <p>Open to the public? Yes</p>
<p><b>9/22/2017 - 7:30 a.m.</b> Ashtabula County</p> <p>Hosted by: Conneaut City Health Department and Seniors Together Contact: Sally Kennedy, 440-593-3087</p> <p>Conneaut Human Resources Center 327 Mill St. Conneaut, OH 44030</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 7:30 a.m.</b> Guernsey County</p> <p>Hosted by: Area Agency on Aging, Region 9 Contact: Jeffrey Arnold, RN, 740-435-4734</p> <p>McFarland Stadium 1308 Forest Ave. Cambridge, OH 437255</p> <p>Open to the public? Yes</p>



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<p><b>9/22/2017 - 8 a.m.</b> Belmont County</p> <p>Hosted by: Area Agency on Aging, Region 9 Contact: Jeffrey Arnold, RN, 740-435-4734</p> <p>Emerald-Pointe Health &amp; Rehabilitation 100 Michelli St. Barnesville, OH 43713</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 8 a.m.</b> Franklin County</p> <p>Hosted by: Ohio Health Care Association Contact: Steve Mould, 614-436-4154</p> <p>Highbanks Metro Park 55 Green Meadows Drive South Lewis Center, OH 43035</p> <p>Open to the public? Yes</p>
<p><b>9/22/2017 - 8:30 a.m.</b> Erie County</p> <p>Hosted by: Erie County Health Department Contact: Cassie Harmon, 419-626-5623</p> <p>Erie County Senior Center 620 E Water St Sandusky, OH 44870</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 9 a.m.</b> Clermont County</p> <p>Hosted by: Clermont Senior Services Contact: Jennifer Harcourt, 513-724-1255</p> <p>Clermont Senior Services, Inc. 2085 James E Sauls Sr. Drive Batavia, OH 45103</p> <p>Open to the public? Yes</p> <p>The Clermont Senior Services staff will be taking steps around the parking lot to prevent falls!</p>



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<p><b>9/22/2017 - 9 a.m.</b> Jefferson County</p> <p>Hosted by: Prime Time Contact: Ashley Owings, 740-314-5197</p> <p>The Prime Time Center 300 Lovers Lane Steubenville, OH 43953</p> <p>Open to the public? Yes</p>	<p><b>9/22/2017 - 9 a.m. to 1 p.m.</b> Greene County</p> <p>Hosted by: Yellow Springs Senior Center Contact: Corinne Pelzl, 937-767-5751</p> <p>Little Miami Scenic Trail - Behind Miami Twp Fire-Rescue 225 Corry St. Yellow Springs, OH 45387</p> <p>Open to the public? Yes</p> <p>The walk starts and ends on Miami Scenic Trail (bike path) behind Miami Township Fire-Rescue at 225 Corry St., Yellow Springs, OH, going half a mile south and returning to the start. Water stations are at the start, one quarter mile, and at half mile turn around point. The bike path is paved.</p>
<p><b>9/29/2017 - 10 a.m.</b> Guernsey County</p> <p>Hosted by: Guernsey County Senior Citizens Center Contact: Kylee Quinn, 740-439-6681</p> <p>The Great Guernsey Trail 63500 Corduroy Rd Cambridge, OH 43725</p> <p>Open to the public? Yes</p>	<p><b>9/29/2017 - 10 a.m.</b> Montgomery County</p> <p>Hosted by: GoJo Medical Contact: Ed Goschinski, 937-789-5911</p> <p>Downtown Miamisburg 215 N. Main St. Miamisburg, OH 45040</p> <p>Open to the public? Yes</p> <p>Parking available at Central Home Improvement. We will meet at the corner across from Miamisburg Coin Laundry and begin our walk along the Miami River.</p>