

# 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.”**



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

**Join Us:**

**[www.steadyu.ohio.gov](http://www.steadyu.ohio.gov)**