

September is Falls Prevention Awareness Month

“Regular physical activity is one of the most basic things older adults can do to prevent falls, which is why walking is the focus of this annual event.

Goal: 4,000 Ohioans walk one mile each = 10 million steps!”

-Ohio Dept of Aging, SteadyU



Join us the month of September in tracking our walking miles. How you can participate:

1. Walk at least one mile during September and post a picture of you walking to social media (Facebook, LinkedIn, Twitter, or Instagram) with the hashtags #10MStepsOH and #PreventFalls. Be sure to set your post privacy to public. Each post showing a walker and the hashtags will be counted as one mile toward the state goal.
2. Join our Carr Center group, report your miles walked to the group leader, Katie RN, Director of Nursing, who will submit the group's total toward the state's goal.
3. Attend the Alzheimer's Association Walk with The Carr Center where we will walk 1 mile as a group on Saturday September 25th at 9am to raise awareness of the epidemic of older adult falls. All Carr Center staff and Client families are invited to attend. We will meet at Zane State College. Register online here : https://act.alz.org/site/TR?fr_id=14700&pg=team&team_id=706386