



September is Falls Prevention Awareness Month, and the **Ohio Department of Aging** and **Area Agency on Aging, PSA 2** encourage you to join the **10 Million Steps to Prevent Falls** initiative to raise awareness and learn prevention tips. You can walk alone, gather friends and neighbors, or host a group walk! Use the handy footprints below to keep track of your miles!

For each day you walk one mile in September, mark off one footprint below.

(for longer walks note total miles per day; for groups multiply total miles by # of people)



At the end of September, report your steps on the Ohio Department of Aging's website to be included in the official 10 Million Steps total!

www.aging.ohio.gov/see-news-and-events/special-events/



**Department of
Aging**



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