



**September is Falls Prevention Awareness Month**, and the **Ohio Department of Aging** along with our **Agency** encourage you to join the **10 Million Steps to Prevent Falls** initiative to raise awareness of falls. You can walk alone or in groups. Use the mile markers below to track your progress!

For each day you walk one mile in September, check a mile marker!  
*(For longer walks, note total miles per day. For groups, multiply total miles by # of people.)*

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At the **end of September**, email your tracker to **Jessica Cornett** ([jcornett@info4seniors.org](mailto:jcornett@info4seniors.org)) to be included in the official 10 Million Steps total!

