



## PRESS RELEASE

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*This release is available on the SourcePoint website under "Press Releases" at [MySourcePoint.org/news](http://MySourcePoint.org/news).*

**FOR IMMEDIATE RELEASE: Sept. 6, 2019**

### **Stand Up to Falling Down Delaware County Community Invited to Falls Prevention Awareness Day Event**

DELAWARE—SourcePoint, in collaboration with the Stepping Up to Prevent Falls Coalition of Delaware County, is proud to present a free falls prevention and awareness event Monday, Sept. 23, from 9 a.m. to noon, at Mingo Park, 500 E. Lincoln Ave., Delaware.

Sept. 23, the first day of fall, marks the 10th annual National Falls Prevention Awareness Day, sponsored by the National Council on Aging. Falls are the leading cause of injury-related emergency department visits for older adults, the major cause of hip fractures, and are responsible for more than half of fatal head injuries. Together, our community's professionals, older adults, caregivers, and family members can raise awareness of and prevent falls.

There are many reasons aging adults fall, and most fall due to their own unique combination of reasons. The Sept. 23 event provides individuals an opportunity to assess their own fall risks and personalize an approach to prevention.

The event includes health screenings, such as blood pressure, hearing, vision, and balance; information about home safety checks and modifications; fitness demonstrations; a pharmacist-conducted medication review; nutrition and hydration education; family caregiver support; and more.

At 10 a.m., attendees may participate in Walk with a Doc, a group walk for a cause with Dr. Jane Graeber from Foot & Ankle Wellness Center. The walk and its participants contributes to 10 Million Steps to Prevent Falls, a statewide campaign organized by the Ohio Department of Aging.

Other participating partners include Comfort Keepers Home Care, Delaware Community Center YMCA, Delaware County EMS, Delaware General Health District, Delaware Speech & Hearing Center, Dietitian in Your Kitchen, Fit Fam Personal Training, Foot & Ankle Wellness Center, Grace Clinic, J & J Mobility, NovaCare Rehabilitation in partnership with OhioHealth, OhioHealth, Ohio Wesleyan University, Polaris Retirement Community, Prevent Blindness Ohio Affiliate, and Walmart Pharmacy.

SourcePoint organizes the Stepping Up to Prevent Falls Coalition of Delaware County. More information is available at [MySourcePoint.org/falls](http://MySourcePoint.org/falls).

*SourcePoint is a nonprofit 501(c)(3) organization that provides professional expertise, services, and programs for Delaware County adults who want to thrive after 55. Services and programs are supported in part by the local senior*

*services levy, corporate and private donations, sponsorships, grants, and by the Central Ohio Area Agency on Aging. SourcePoint is a United Way agency.*

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