

# Falls Prevention Awareness Day

*Learn how to prevent falls!*

**9-9:30** Wellness Journey Testimonial

**9:45 - 10:30** Guided Walk

**10:45 - 11:30** Demonstrations\*

**11:30 - Noon** Visit with senior service agencies and BP readings



\*Demonstrations Feature:



10:45 a.m.

**Chair Yoga**

*with Shelley and Yo*



11 a.m.

**Tai Chi**

*with Krissy Hickey*



11:15 a.m.

**Balance Exercises**

*with Lynn Friebe*

**Free event  
for Ashland's  
senior  
citizens!**

**Wednesday,  
September 24, 2025  
9 a.m. - Noon**

**Freer Field Visitor Center  
1301 Park Street, Ashland, OH**



**Ashland County  
Health Department**