



**CITY OF CLEVELAND**  
Mayor Frank G. Jackson

**From: Office of the Mayor**

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## **City of Cleveland Announces 11<sup>th</sup> Annual Cleveland Senior Walk**

**CLEVELAND** – The City of Cleveland invites the public to join us for the 11<sup>th</sup> Annual Cleveland Senior Walk which will be held on Wednesday, September 23, 2015 at Mall C in Downtown Cleveland.

- **Registration and Health Screening begins at 8:45 a.m.**
- **A short program is scheduled for 9:30 a.m.**
- **The Senior Walk begins at 10 a.m.**

The walk is a one or two mile fun walk and will be held rain or shine. Walkers will circle Malls B and C if the weather is good. If it rains the walk will be held inside Public Hall. Free T-Shirts will be provided to the first 1000 registered walkers.

The purpose of the walk is to promote ***Ageing Strong and Living Long*** by urging older adults to:

- Get vaccinated to prevent the flu
- Take precautions to prevent falls
- Exercise to stay strong
- Eat a nutritional diet, and
- Live a healthy lifestyle.

The City is proud to partner with STEADY U Ohio and hold the 11<sup>th</sup> annual walk on National Falls Prevention Awareness Day. Steady U Ohio is the state's older adult falls prevention initiative. "Falls are truly an epidemic among our older friends and neighbors. In fact, one in three Ohioans over age 60 will fall this year, and someone is injured in a fall every five minutes," said Jane Fumich, Director of the Cleveland Department of Aging. "The good news is that falls are not a normal part of aging, and most falls can be prevented. We're participating in '10 Million Steps to Prevent Falls' to help people in Cleveland identify the many steps they can take to reduce their risk of falls and fall-related injury."

Walking, or engaging in other simple exercise like swimming and tai chi, 15-20 minutes a day is one of the most basic things a person can do to prevent falls. Low-impact physical activity strengthens muscles, builds stamina and improves balance, all of which can lower your risk of falling.

For more information or to register call the Cleveland Department of Aging at 216-664-2833 or online: [here](#).

The Cleveland Senior Walk is sponsored by: the City of Cleveland Department of Aging, the Western Reserve Area Agency on Aging, the Cleveland Department of Public Health, MetroHealth, the YMCA, the National Council on Aging and Steady U Ohio.

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