



## SETRAC Fall Prevention Workgroup Meeting

Thursday, August 11, 2022  
SETRAC Virtual Meeting

Page 1 of 1

| TOPIC                                                                                                                                                                   | DISCUSSION/RECOMMENDATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | ACTION/FOLLOW-UP                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|
| <b>Topic: Call to Order/Approval of Minutes</b>                                                                                                                         | Minutes from June 9, 2022.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                              |
| <b>Presenter: Melanie Bradshaw</b><br><b>Topic: Fall Prevention Workgroup</b> <ul style="list-style-type: none"><li>○ <b>Tai Chi Meet Up/Refresher Course</b></li></ul> | Fall Prevention Workgroup is back in motion. This meeting is the second meeting of the year. Melanie gave a follow up on their efforts in the community. Tai Chi is one of the efforts. Many of them were trained in November. There are five instructors with three different agencies teaching at four locations currently. She is aware of one more who will be starting soon. Looking to continue putting Tai Chi out in the community. Anyone who has been trained or that would like to be trained there will be a Tai Chi refresher course June 16, 2022, at SETRAC headquarters in the Heights from 9:00am-11:00am. Melanie gave links to resources to help with Tai Chi practice and learning. | The committee has no further recommendations |
| <b>Open Discussion</b>                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | The committee has no further recommendations |
| <b>Adjourned/Next Meeting</b>                                                                                                                                           | October 13, 2022 – In Person with Virtual Option Meeting                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                              |