



SETRAC Fall Prevention Workgroup Meeting

Thursday, April 13, 2023
SETRAC Conference Center, 1111 N. Loop West, Suite 160, Houston, TX 77008
Virtual Meeting

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TOPIC	DISCUSSION/RECOMMENDATION	ACTION/FOLLOW-UP
Topic: Call to Order/Approval of Minutes	Minutes from February 9, 2023, was approved with no changes.	The committee has no further recommendations
Presenter: Liza Garcia Topic: Old Business ○ Fall Prevention Community Event	Liza Garcia spoke on the fall prevention community event that the workgroup is planning to have. The workgroup will be working with the injury prevention committee to secure a date and venue for the community event that is geared towards educating the older population. Suzanne mentioned a road map to injury prevention looking at ways to educate our older population in the community brining in a Tai Chi demonstration with information, availability incorporating other things such as other volunteer organizations, hospitals, vendors, transportation to the event, to name a few. Liza asked the group for suggestions during the meeting and if they thought of anything after the meeting to send them to Carrman Rivers for discussion at the next meeting. Tai Chi funding was mentioned and discussed.	The committee has no further recommendations
Open Discussion Topic: Evidence Based Fall Prevention Program	Tai Chi is well received, and a good source of education for our older population. Tai-Chi is a popular method of movement for seniors encouraging slow and deliberate body movements accompanied by deep breathing. SETRAC has teamed up with hospitals in the region that have had volunteers go through the training and are certified as Tai-Chi instructors. Melanie Bradshaw spearheaded the initiative and has done an awesome job. There are several instructors that have started classes in different areas in Houston. The Tai-Chi techniques help the mind and body through movement. If anybody is interested in Tai-Chi, they were asked to email Melanie Bradshaw or Liza Garcia for more information.	The committee has no further recommendations.
Adjourned/Next Meeting	June 8, 2023 – 9:30am - In Person Meeting	