

Movement Workgroup Meeting

Virtual Meeting

(Via Zoom)

January 23, 2024

11:00 a.m. – 12:00 p.m.

Meeting Goal: Plan, create and promote falls prevention initiatives to improve the health of the Howard County community

Meeting Agenda

Meeting will start promptly at 11:00am

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| 11:00 – 11:15 | Welcome <ul style="list-style-type: none">• Introductions• Member Announcements / Updates• Recap of Meeting Minutes from November 28, 2024. |
| 11:15 – 11:25 | Howard County Falls Discussion <ul style="list-style-type: none">• Falls Prevention as a Priority (Action Plan)• Falls Prevention Week• Falls Prevention Resources |
| 11:25 – 11:40 | Falls Assessments in the Home
<i>Renee Bitner, Assessments and Nurse Monitoring Supervisor, Access to Healthcare Services, Howard County Health Department</i> |
| 11:40 – 11:55 | Fitness Data Summary - Office of Aging and Independence
<i>Michelle Rosenfeld, 50+ Fitness Coordinator, Department of Community Resources & Services</i> |
| 11:55 – 12:00 | Next Steps & Wrap-Up |

Next Movement Meeting: March 19, 2024 at 11am to 12pm