



# "How-To" Breakout Session

3rd Annual Crow Wing Energized Health & Wellness Summit | January 29 from 7am - 1pm  
Lakewood Evangelical Free Church, 6284 Fairview Road, Baxter, MN

Subject: Fall Prevention

Presenter(s): Clarissa & Billie

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Affiliation: \_\_\_\_\_

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Who should be involved? Anyone intereseted in stratagies for preventing falls & managing their concerns about falls.

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Partnership Opportunities (contact information): Central MN Council on Aging & Crow Wing Energized (www.CrowWingEnergized.org)

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### Resources Needed:

1. Container (Ex: creamer bottle)
2. Sand (Or, cat litter, salt)
3. Handout (Winterize to Prevent Falls)
4. Handout (Matter of Balance Workshop Information)
5. Handout (Matter of Balance Leader Training)

Timeline: 5 Minutes

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Budget: Price of container & sand

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Tips for Success: Sand must be dry

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How to Sustain Efforts: Refill your shaker container & attend a falls workshop

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