

## Movement Workgroup Meeting

Virtual Meeting

(Via Zoom)

May 23, 2024

1:00pm – 2:00pm

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

### Meeting Agenda

*Meeting will start promptly at 1:00pm*

1:00 – 1:15

#### **Welcome**

- Introductions
- Member Announcements / Updates
- Recap of [Meeting Minutes](#) from March 19, 2024

1:15 – 1:35

#### **Falls Prevention Update**

- Plan Review
- Falls Prevention Week Plan (September 23 – 27, 2024)
  - Webinar and Potential Activities
  - Others

1:35 – 1:55

#### **Walktober 2024 Planning**

- 2023 Walktober Recap
- Plans for 2024 calendar and promotion
- Giveaways
- Others

1:55 – 2:00

#### **Next Steps & Wrap-Up**

Next Movement Meeting June 13, 2024, at 1pm to 2pm