



Minnesota Department of **Human Services**



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Fall prevention awareness event to kick off first day of fall

Public event to feature sample Tai Ji Quan class

Members of the public are invited to join public officials and members of the Minnesota Falls Prevention Coalition on the first day of fall, Wednesday, Sept. 23, for the “Take a Stand to Prevent Falls” event at the National Guard Armory, 600 Cedar St., St. Paul

The event will begin at 10 a.m. and will feature a 20-minute sample of a Tai Ji Quan: Moving for Better Balance class led by Dr. Fuzhong Li, a senior scientist at Oregon Research Institute who developed the program.

Information on falls prevention and light refreshments also will be available.

The event is intended to unite professionals, older adults, caregivers and family members to play a part in raising awareness and preventing falls among older adults or anyone who experiences movement or balance issues.

Current Minnesota Falls Prevention Coalition organizations include the Minnesota Board on Aging, the Minnesota Department of Human Services, the Minnesota Department of Health, the Minnesota State Fire Marshal Division, Allina Health/ Courage Kenny Rehabilitation Institute, American Physical Therapy Association-Minnesota Chapter, Falls Prevention Coalition of Olmsted County, HealthPartners, LeadingAge Minnesota, Mayo Clinic, Metropolitan Area Agency on Aging, Minnesota Council of Health Plans, Minnesota Hospital Association, Minnesota Occupational Therapist Association, Minnesota Safety Council, Stratis Health, UCare and the University of Minnesota School of Nursing

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