

Preventing Falls Together – Project Summary

Project Name: “Grit Bags”

Developing Coalition: Guysborough County Coalition

Project Summary:

To help make walking in the winter safer, the Guysborough County coalition distributed more than 500 “grit bags” to seniors. These “grit bags” are simply small bags filled with sand that can be sprinkled on icy spots you come across while walking.

Coalition members partnered with local organizations and businesses in order to help distribute the bags, along with brochures featuring general falls prevention tips. Sand was donated by Central Supplies in Antigonish.

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