

2026 Falls Prevention Seminar Series Presents



Enjoy a Fall-Free Summer Outdoors With Experts Emily Elsner and Sam Picciano

Summer offers opportunities to be active and enjoy natural beauty. Join us to learn how to do so safely and without falls that could easily end your enjoyment! Discover how devices like hiking poles can enhance your experience and simple strategies can keep picnic and campsites safe.

Join us for our Summer Falls Prevention Online Seminar

 Thursday, July 30, 2026

 12:00 – 1:00pm MDT | 11:00 – 12:00pm PDT

To Register:
<https://aging.idaho.gov/falls>

About the Presenters

Emily Elsner grew up in Idaho surrounded by the beautiful high desert of the Owyhees. She earned degrees in exercise Science and community health Education. Emily fosters her love of the outdoors through rock climbing, mountain biking, and skiing. Emily worked with the university outdoor program and started an afterschool outdoor program for local students, she realized the value of outdoor education that carried her through a decade of leading outdoor adventures. Emily is also Wilderness First Responder Certified.

Sam (Samantha) Picciano holds an MS in Visual Disabilities Education. She is a certified Mobility Specialist with more than a decade of experience supporting individuals across educational, nonprofit, and community-based settings. Sam focuses on expanding meaningful opportunities that help individuals build independence, confidence, and connection in their daily lives. Her activities often include her dog, Bramble.

Email Questions to Erin.Olsen@aging.idaho.gov

Brought to you by the Falls Prevention Coalition of Idaho (FPC-ID), a program under the Idaho Commission on Aging. Additional information can be found at www.aging.idaho.gov/falls.

