



Knox County Health Department

140 Dameron Avenue, Knoxville, TN 37917

FOR IMMEDIATE RELEASE: Sept. 13, 2023

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MEDIA ADVISORY: Two Free Events for Senior Fall Prevention

Knoxville, Tenn. – The Knox County Health Department will recognize the importance of preventing falls among older adults with two engaging events that are open to the media.

Event #1

WHAT: S.A.I.L. Day

WHEN/WHERE: Friday, Sept. 15, at Marble Hall in Lakeshore Park

- The event will start at 10 a.m., but participants should arrive by 9:45 a.m.

ABOUT: KCHD's S.A.I.L. (Stay Active and Independent for Life) program is designed to prevent falls and includes exercise classes, educational materials, and self-assessments. The classes are designed to address endurance, strength, balance, and flexibility. Participants at the free S.A.I.L. Day class are encouraged to bring their own chair and weights. Water and snacks will be provided. There will be senior resources available in addition to live music, a food and ice cream truck, giveaways and more.

Event #2

WHAT: Fall Prevention Awareness Day

WHEN/WHERE: Friday, Sept. 22, at the John T. O'Connor Senior Center; 8:30 – 11:30 a.m.

ABOUT: KCHD and the Knoxville-Knox County Senior Safety Task Force will celebrate National Falls Prevention Awareness Day with a free, educational event. Attendees will have the opportunity to receive balance and vision screenings, speak with a pharmacist about medications, and consult with exercise and home safety experts.

