



## **FALLS PREVENTION AWARENESS DAY**

**SEPTEMBER 24, 2024**

Dear Friend,

I have exciting news! I will be hosting my annual Falls Prevention Awareness Day on the first day of fall, Tuesday, September 24, 2024. This year, the event will be held in person at the Kingwood Community Center, 4102 Rustic Woods Dr. Houston, TX 77345.

I am seeking sponsors to cover breakfast and other related costs for the event. More information on this event is detailed below.

### **THURSDAY, SEPTEMBER 24: FALLS PREVENTION AWARENESS DAY KINGWOOD COMMUNITY CENTER**

Falls Prevention Awareness is part of a national health campaign observed on the first day of fall to increase awareness around falls health and injury prevention. Falls are the leading cause of both fatal and nonfatal injuries among older adults in the United States, with an estimated one out of every four seniors sustaining a fall-related injury annually. In partnership with Houston physical therapist Bill Case, the Houston Health Department, Harris County Area Agency on Aging, Houston Parks and Recreation Department, and BakerRipley, this event will provide evidence-based programming to help reduce falls by using strategies including balance and strength exercises, medication management, vision improvement, and reduction of home hazards. The event to be held from 8:00 a.m. to 10:00 a.m. at the Kingwood Community Center with an anticipated 150 senior participants.

More info about our past events can be found on our [website](#). The falls prevention event in 2021 was virtual, due to the pandemic. If you'd like to view it, [please click here](#).

Sponsor Investment: \$250

Sponsor Benefits to include recognition in:

- Onsite signage
- Event Program
- Monthly newsletter reaching
- Press release
- Mention in press release

I invite you to join me in this effort to increase awareness and protect our seniors from devastating falls. Please let me know if you have any questions.

To help sponsor this event, please make your payment through the [online form](#) or write a check payable to Houston Civic Events, Inc., a non-profit 501c (3) corporation. Payment can be made via check or credit card. For questions, please contact Justice Coutee-McCullum at (832) 393-3017. The deadline for this request is September 10, 2024.

Houston Civic Events, Inc.  
“Falls Prevention 2021”  
901 Bagby, 1st Floor  
Houston, Texas 77002

Many thanks for your consideration,



COUNCIL MEMBER SALLIE ALCORN, AT-LARGE 5