



FALLS PREVENTION AWARENESS DAY

SEPTEMBER 21, 2023

Dear Friend,

I have exciting news! I will be hosting my annual Falls Prevention Awareness Day on Thursday, September 21, 2023. This year, the event will be held at the Kashmere Multi-Service Center, 4802 Lockwood Dr, Houston, TX 77026.

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

THURSDAY, SEPTEMBER 21: FALLS PREVENTION AWARENESS DAY KASHMERE MULTI-SERVICE 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, 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 AM to 10:00 AM at the Kashmere Multi-Service Center with an anticipated 150 senior participants.

More info about our past events can be found on our website, [please click here](#). 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

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 Katie Shelton at (832) 393-3017. The deadline for this request is September 8, 2023.

Houston Civic Events, Inc.
"Falls Prevention 2023"
901 Bagby, 1st Floor
Houston, Texas 77002

Many thanks for your consideration,



COUNCIL MEMBER SALLIE ALCORN, AT-LARGE 5