

FOR IMMEDIATE RELEASE:

### **SAIL conference to help Valley seniors prevent injury falls**

Snoqualmie, WA. (June 9, 2009) One in three adults over age 65 fall each year resulting in the leading cause for injury hospitalization in Washington State. Though common, falls are not a normal part of growing older. To learn the latest research into falls prevention, the public, fitness instructors and eldercare professionals are invited to attend the third annual Snoqualmie Valley Hospital “Stay Active and Independent for Life” (SAIL) conference on August 6<sup>th</sup>, 2009. Conference location is on the beautiful campus of the Cedar River Watershed Education Center. Registration begins at 8:15am and admission is free.

The morning session begins at 8:30am with presentations and discussions lead by healthcare professionals from the Snoqualmie Valley Hospital and Rehabilitation Clinic.

Mid-morning sessions begin at 10:30. SAIL fitness instructors will receive recertification instruction while all other conference attendees are invited to join a special meeting of Partners for Healthy Aging.

For driving instructions or for more information, please contact SVH Community Liaison Scott Scowcroft, at 425-831-3404 or [sail@snoqualmiehospital.org](mailto:sail@snoqualmiehospital.org)

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