

Public Health Newsletter

MARION COUNTY



Marion County Public Health

Join Us in Celebrating National Public Health Week April 6–12, 2026

This year's theme, Ready. Set. Action!, encourages us to recognize the many ways public health improves our everyday lives. From protecting our families and extending life expectancy to building stronger, healthier communities, public health touches us all.

National Public Health Week is also a time to celebrate the dedicated public health professionals who serve our communities every day and to support policies and practices that help everyone live healthier lives.



This year, American Public Health Association is reminding everyone that good health does not just happen — it takes collaboration! Strong public health depends on government partners who put safety protections in place, scientific advancements that guide our decisions, and community leaders who support healthy initiatives and create environments where people can thrive.

Spring Into Protection: Stay Up to Date on Immunizations!

As we head into spring, it's the perfect time to make sure you and your family are up to date on recommended vaccines.

Immunizations protect against serious diseases helping keep our communities healthy and strong. Children may need routine vaccines before summer activities and school registration, while adults may be due for boosters.

Contact us today to review your immunization record!

Marion County Programs/Services

- Care for Yourself
- Communicable Disease Follow up
- Environmental Health
- Foot Care Clinics
- General Assistance
- Immunizations
- Preparedness (Emergency Response)
- Private Well Grants
- Senior Meals
- Tobacco Cessation

Community Education

- CPR/First Aid Classes
- Dementia Friends Sessions
- Narcan Training
- Stop the Bleed Course



Matter of Balance Workshop

Falls continue to have a significant impact locally. In 2024, according to IHHS, Marion County experienced 938 emergency room visits and 119 hospitalizations related to falls, with an estimated combined annual cost of \$3,263,478.00. Additionally, data from the National Institutes of Health highlights the serious risk of injury and loss of life associated with falls—many of which may be preventable through programs like this.

Class Details:

Location: Knoxville Public Library
213 E Montgomery St.
Knoxville

Schedule: Starting May 5 (8 sessions)
Tuesdays and Thursdays
10:00 a.m. – 12:00 p.m.

Participation is important to ensure the class can be held, so your help in sharing this opportunity is greatly appreciated.

To register:
Contact Stephanie Labenz at 515-650-9505
or stephanie.labenz@agingresources.com

Do You Have A Fear Of Falling?

A Matter of Balance Fall Prevention Workshop



In 8 Sessions Enjoy Learning

- Practical Fall Prevention Techniques
- Changes to Reduce Fall Risks
- Simple Exercises for Strength, Flexibility & Balance
- Ways to increase activities



FREE



UPCOMING EVENTS

Tuesday, April 21, 2026 @ 5:00pm: Board of Health Meeting
Marion County Public Health Training Room

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