



‘Kentucky Health’ discusses ways to keep older adults agile and mobile

FOR RELEASE: Jan. 21, 2026

On a new episode of *Kentucky Health*, host Wayne Tuckson, MD, talks with physical therapist Elizabeth Murphy, DPT, about ways we can help preserve our mobility and prolong our ability to live independently. A 2026 KET production.

Kentucky Health

KET Sunday, Jan. 25 • 1:30/12:30 pm

KET2 Monday, Jan. • 2/1 pm

Watch on-demand at [KET.org](https://ket.org) and the PBS App

Kentucky Health is a KET production, hosted by retired Louisville surgeon Dr. Wayne Tuckson and produced by Christie Dutton.

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