

Falls Free Coalition of York County Announces Classes



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Older adults concerned about the risk of falling are encouraged to register for an upcoming series of free classes called “A Matter of Balance.”

“A Matter of Balance” is an award-winning program designed for people who have concerns about falling, have fallen in the past, have restricted their activities because of falling concerns or who are interested in improving balance, flexibility and strength. The classes are offered by the Falls Free Coalition of York County.

Falls can be a serious concern for older adults. Each year, 2.5 million older people are treated in emergency departments for fall injuries, according to the Centers for Disease Control and Prevention. One out of three older people fall each year, but less than half tell their doctor. Falling once doubles a person’s chances of falling again.

“A Matter of Balance” can help manage the risk of falls by teaching participants to:

- View falls as controllable
- Set goals for increasing activity

- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

The York County Area Agency on Aging, on behalf of the Falls Free Coalition of York County, urges interested older adults to register for one of the following programs:

West Manchester Township Building

380 East Berlin Rd, York, PA 17408

September 6 to September 29, 2016

Tuesdays and Thursdays, 1:00 PM – 3:00 PM

To register: Megan Craley, 852-4902, ext. 231

Bob Hoffman YMCA

1705 Palomino Rd, Dover, PA 17315

September 7 to October 26, 2016

Wednesdays, 9:30 AM - 11:30 AM

To register: Reda Willis at 717-851-3082

WellSpan Neurology Office (conference room)

228 St. Charles Way, Suite 200, York, PA 17402

September 12 to November 7, 2016

Mondays, 9:30 AM to 11:30 AM

To register: Reda Willis at 717-851-3082

York Township Park Building

25 Oak Street, York, PA 17402

September 21 to October 17, 2016

Mondays and Wednesdays, 10:30 AM - 12:30 PM

To register: Megan Craley at 852-4902, ext. 231

Aldersgate United Methodist Church

397 Tyler Run Road, York PA 17403

October 3 to October 27

Mondays and Thursdays, 10:00 AM - 12:00 PM

To register: Aldersgate United Methodist Church at 854-4276

White Rose Senior Center, Inc.

27 S Broad Street, York, PA 17403

October 17 to November 9

Mondays and Wednesdays, 12:30 PM - 2:30 PM

To register: White Rose Senior Center at 843-9704

Windy Hill on the Campus

1472 Roth’s Church Road, Suite 103

Spring Grove, PA 17362

October 17 to December 5

Mondays, 1:00 PM - 3:00 PM

To register: Windy Hill on the Campus at 225-0733

York Township Park Building

25 Oak Street, York, PA 17402

October 26 to November 21, 2016

Mondays and Wednesdays, 10:30 AM - 12:30 PM

To register: Megan Craley at 852-4902, ext. 231