



County of York, Pennsylvania

Area Agency on Aging

News for immediate release

August 25, 2017

Do you or a loved one have concerns about falling?

The York County Area Agency on Aging will host classes for people to learn how to manage the risk of falling and increase activity levels. The free classes are part of an award-winning series called "A Matter of Balance."

A Matter of Balance is meant for people who have concerns about falling, have fallen in the past, have restricted their activities because of falling concerns or are interested in improving balance, flexibility and strength.

This program emphasizes practical strategies to manage falls. Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Classes will be held at Providence Place, 3377 Fox Run Road in Dover Township. The classes will be held 9 to 11 a.m. Mondays and Wednesdays from September 6 to October 2. Pre-registration is required as class size is limited.

For more information or to register for classes, please call Megan Craley at 717-852-4902, ext. 1017 or 1-800-632-9073.

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