



FOR IMMEDIATE RELEASE
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A Matter of Balance Classes at the Westside Community Center

New Braunfels, TX – The City of New Braunfels Westside Community Center (WCC) will be partnering with the Alamo Area Council of Governments (AACOG) to offer ***A Matter of Balance*** classes that deal with managing concerns about falls. The sessions will be held on Mondays and Wednesdays from 9:00 – 11:00 a.m. in the downstairs classroom at Westside Community Center. Classes start Monday, October 24th and run through Wednesday, November 16th. Westside Community Center is located at 2932 S. IH 35 in New Braunfels.

The sessions are free, open to the public and will include the following: setting goals for increasing activity, viewing falls as controllable, making changes to reduce fall risks at home and exercising to increase strength and balance.

“The program will run for eight, two-hour sessions, twice a week,” said Jennifer Hernandez, Outreach Coordinator. “This will give participants the consistency they need to help reduce their fear of falling while increasing their activity level. If you or someone you know are concerned about falls, interested in improving balance, flexibility and strength, have fallen in the past, and have chosen to restrict activities because of falling concerns, this is the perfect class for you.”

To register, visit the City of New Braunfels Library calendar at <http://nbtexas.libcal.com/event/2763101> or call the WCC office and register by phone at 830-221-4630.

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