



**FOR IMMEDIATE RELEASE**  
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**A Matter of Balance Classes Return to Westside Community Center**

**New Braunfels, TX** – The City of New Braunfels and Westside Community Center will be bringing back A Matter of Balance classes which deal with managing concerns about falls. The Alamo Area Council of Governments (AACOG) will assist participants in increasing confidence and reducing the fear of falling. The sessions will be held on Wednesdays from 1:30 to 3:30 p.m. in the downstairs classroom at Westside Community Center, from January 3rd to February 21st of 2018.

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

“We are so thankful to have these sessions available through AACOG,” said Jennifer Hernandez, Outreach Coordinator. “Attendees from the past two series have taken away vital information that has helped them feel more confident throughout their daily activities. These balance classes will give participants the consistency they need to help reduce their fear of falling while increasing their activity level. It’s really a great opportunity to take away some new ideas and daily reminders on how to go about your day feeling more confident and secure. 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 online library calendar at [nbtexas.org/library](http://nbtexas.org/library) or call the Westside Community Center office at 830-221-4630.

The Center is located at 2932 S. IH 35 in New Braunfels.

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