



**FOR IMMEDIATE RELEASE**  
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**CONTACT: Jennifer Hernandez**  
Outreach Coordinator/Westside Community Center  
2932 S. IH 35  
New Braunfels, TX 78130  
830.221.4630  
[jhernandez@nbtexas.org](mailto:jhernandez@nbtexas.org)

**A Matter of Balance Classes Returning to Westside Community Center**

**New Braunfels, TX** – The City of New Braunfels and Westside Community Center will be partnering again with Alamo Area Council of Governments (AACOG) to offer a series of ***A Matter of Balance*** classes that deal with managing concerns about falls. The sessions will be held on Tuesdays and Thursdays from 9:00-11:00 a.m. in the downstairs classroom at Westside Community Center. Classes begin on Tuesday, March 7th and will end on Thursday, March 30<sup>th</sup>. The Center is located at 2932 S. IH-35, New Braunfels.

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

“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,” said Jennifer Hernandez, Westside Community Center Outreach Coordinator.

“The sessions we had in the fall were so helpful for our participants and we had such a great response that we knew we had to bring them back in the spring,” Ms. Hernandez said. “This balance class will give participants the consistency they need to help reduce their fear of falling while increasing their activity level. It’s really a great class for anyone that wants to regain their confidence or maintain their balance and sense of security as they move about day to day.”

To register, visit the City of New Braunfels Library calendar and click on the first class date (<http://nbtexas.libcal.com/event/3018941>) or call 830.221.4630 to register by phone.

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