



FOR IMMEDIATE RELEASE
October 11, 2018

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Face Fears of Falling with Eight-Session Program at the Westside Community Center

New Braunfels, TX — If you, or an older adult you care about, face concerns about falling during daily activities, an upcoming program at the Westside Community Center may be able to help.

A Matter of Balance, a program designed to reduce the fear of falling and increase activity levels, will be held at the Westside Community Center on Mondays and Wednesdays, from 1:30 to 3:30 p.m., from Nov. 7th to Dec. 5th.

“So many people hesitate, but every time we have this program, those that finish it say it changed their lives,” said Westside Community Center Outreach Coordinator Jennifer Hernandez. “They say it helped them recover from fear they had, or it alleviated stress surrounding their daily activities. The program has some great strategies.”

A Matter of Balance 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, and exercise to increase strength and balance over the course of the eight, two-hour sessions.

The program is intended for anyone concerned about falls, interested in improving balance, flexibility, and strength, who has fallen in the past, or anyone who has restricted activities because of falling concerns.

Pre-registration for this event is required for the free, open-to-the-public program. To register, or for more information, call the Westside Community Center at 830-221-4630.

A Matter of Balance is a health and wellness program from the Alamo Area Agency on Aging. To learn more about senior services in the New Braunfels community, call 1-866-231-4922.

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