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Protecting the public's health and environment

Press Release

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FOR IMMEDIATE RELEASE
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Nicholasville, Kentucky – In January 2009, The Jessamine County Health Department will begin offering *A Matter of Balance: Managing Concerns About Falls*, a program designed to help older adults improve their quality of life by reducing their fear of falling and increasing activity levels.

A Matter of Balance is an award-winning program to help older adults set realistic goals to increase activity, change their environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

The program is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. The program is free; older adults who would like to learn positive coping methods to reduce fear of falling and remain active and independent are encouraged to attend.

Jessamine County Health Department is also seeking volunteers who are interested in acting as program “coaches” to help provide this program.

A Matter of Balance coaches need good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise.

The first *A Matter of Balance: Managing Concerns about Falls* class will begin on Thursday, January 8 from 2 - 4 p.m. at Thompson-Hood Veterans Center; the second class will begin Tuesday, January 20, 2009 from 10 a.m. – 12 p.m. at the Jessamine County Senior Citizen's Center. Registration is required; a workbook is provided and refreshments will be served. If you would like to attend or want more information, please contact Lori Morgan *A Matter of Balance* Coordinator at 859-885-4149 x1029.