



NEWS RELEASE – Area Agency on Aging District 7, Inc.

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Falls Management Class Coming March 23rd to Jackson

Could you or someone you know benefit from helpful hints about preventing falls? Have you or someone you know turned down a chance to go out with family and friends because of a concern about falling? Have you or someone you know become afraid of a favorite activity due to a fear of falling? If so, there is a program now offered locally that is specifically designed to help with these and other similar concerns. Thanks to a partnership with the Area Agency on Aging District 7 (AAA7), local coaches are now trained to offer this program in Jackson County to those who are interested.

The program, “*A Matter of Balance: Managing Concerns About Falls*,” is designed to reduce the fear of falling and increase activity levels among older adults. Participants in the class learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. Attending classes can help improve quality of life and independence.

In a study of participants after six months following the *A Matter of Balance* program, 97 percent are more comfortable talking about their fear of falling; 97 percent feel comfortable with increasing their activity level; 99 percent plan to continue exercising; and 98 percent would recommend *A Matter of Balance*.

The Jackson City Library will be hosting the class that will begin in Jackson on March 23rd. Classes will be held from 1:30 pm until 3:30 pm on Wednesdays and Fridays from March 23rd through April 22nd (class will not be held on April 13th or April 15th). Classes will be held at the Jackson City Library, located at 21 Broadway Street in Jackson.

If you are interested in participating in the upcoming *A Matter of Balance* series in Jackson, please call Breanna Williams at the AAA7 at 1-800-582-7277, extension 22247. Class size is limited, so if you or someone you know is interested, please call soon to reserve your spot. Registration deadline is March 18th.

Your local Area Agency on Aging District 7 provides services on a non-discriminatory basis. These services are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable

contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an in-home assessment at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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