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MATTER OF BALANCE CLASS COMING TO BOERNE

Boerne, Texas, June 9, 2009 – There is a program coming to Boerne called “A Matter of Balance”. Co-sponsored by AACOG’s Alamo Area Agency on Aging and Humana, “A Matter of Balance” is designed to teach seniors that falls are controllable and need not limit an individual to doing less outside of the home.

The program will be conducted in a series of eight classes starting Tuesday, July 14th, and running through Thursday, August 20th, on designated Tuesday and Thursday mornings from 10 a.m. to 12 noon. “A Matter of Balance” classes will be held at The Rainbow Senior Center, located at 745 West San Antonio Avenue, in Boerne.

In addition to understanding how thoughts and feelings can limit activities and can actually lead to more falls, class participants will learn some low impact exercises that have been shown to increase balance, strength and flexibility. During the classes, participants will learn how to reduce the chances of falling and how to set goals for increased activity. They will also see how changes can be made in the home to reduce falls. By the end of the class, participants should be well on their way toward greater confidence and safer experiences walking at home and in the community.

There is no charge for this program. All participants are welcome. Do you have a friend, a neighbor or family member who could benefit? Why not share this information with that person...or better yet, bring them to the class? They will be thankful you did!

The dates of the classes are July 14, 21, 28 and 30, and August 11, 13, 18 and 20. Participants should be able to attend at least five classes. Since enrollment is limited, please call John Green at (830) 249-2114 to reserve your place in the program. For more information about Matter of Balance, contact Dan Goetz at (866) 231-4922 Ext. 567 or dgoetz@aacog.com.

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AACOG is a voluntary association of cities, counties, and special governmental districts serving the Alamo Area/State Planning Region 18, which covers 12 counties and 11,354 square miles. AACOG’s mission is to enhance the lives of all residents of the Alamo Region by working in mutual respect and partnership with all levels of government, the business sector, and the community at large to meet regional challenges and to create regional strengths.