



Date: May 1, 2019

New Albany, Indiana

For Immediate Release

It's A Matter of Balance

LifeSpan Resources, Inc. Offering Falls Management Program for Seniors

LifeSpan Resources is partnering with the YMCA of Greater Louisville Floyd County Branch to promote healthy living for seniors by hosting A Matter of Balance, an evidence-based falls management program for older adults. The program will emphasize coping strategies to reduce falls and the fear of falling, demonstrate how to change your environment to reduce fall risk factors, and promote exercise to increase strength and balance.

The Matter of Balance program is open to adults of all ages, but is especially appropriate for those over age 60 or those who have a fear or risk of falls. Participants should be able to walk, be concerned about falls, able to problem solve and interested in improving flexibility, balance, and strength.

A Matter of Balance Program will be on Thursdays starting June 13 until August 8 (No class on July 4). The program will run from 9:00 am to 11:00 am and will be located at LifeSpan Resources offices on the third floor of the Floyd County YMCA located at 33 State Street in New Albany. LifeSpan can assist with transportation for those ages 60+ who would like to attend. It is important for all participants to attend all 8 classes during the session. There is a \$16 per participant fee for the 8 week session. Financial assistance may be available through the YMCA. **Registration deadline is June 10, 2019.** Forms are available at the YMCA or at LifeSpan's offices. For information, please contact Julie Blocher at jblocher@ymcalouisville.org or call 812-206-4899. For transportation assistance, please call LifeSpan at 812-948-8330.