

Matter of Balance: Managing Concerns About Falls

Matter of Balance is a **free** fall-prevention program for Senior Citizens. It is offered at several sites throughout Rockland County. Classes meet 8 times for 2 hours each time.

Seniors learn to

- Develop their confidence
- Set realistic goals to increase activity
- Make changes to reduce the risks of falls at home
- Exercise to increase strength and balance

Advanced registration is required. Additional classes will be held, but are not yet scheduled. If you are not able to take one of the classes below you can be placed on our mailing list. **For more information or to register for classes, contact the Rockland County Department of Health at 845-364-2501.**

Here is the current schedule:

Location: **JCC**

450 West Nyack Road West Nyack, NY

Time: Mondays, 1 to 3 PM

Dates: September 13, 20, 27, October 4, 11, 18, 25, November 1

Location: **New City Library**

220 N Main St, New City, NY

Time: Tuesdays and Thursdays, 1 to 3

Dates: September 16, 21, 23, 28, 30, October 5, 7, 12

Location: **Haverstraw Place**

140 Rte 9W, Haverstraw

Time: Fridays, 10 AM to 12 PM

Dates: September 24, October 1, 8, 15, 22, 29, November 5, 12

Location: **Rockland County YMCA**

37 S Broadway, Nyack, NY

Time: Mondays, 11 AM to 1 PM

Dates: September 27, October 4, 11, 18, 25, November 1, 8, 15

Location: **West Nyack Free Library,**

65 Strawtown Road, W. Nyack, NY

Time: Thursdays, 10 to 12

Dates: September 30, October 7, 14, 21, 28, November 4, 11, 18

