

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 eight times for two hours each time.

Seniors develop confidence and learn to:

- Make changes to reduce the risk of falling at home
- Exercise to increase strength and balance
- Set realistic goals to increase activity

Advanced registration is required. 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, call the Rockland County Department of Health at 845-364-2501.

Here is the current schedule:

Location: **JCC** 450 West Nyack Road in West Nyack, NY

Time: Mondays, 1 to 3

Dates: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7

Location: **Nanuet Library** 149 Church Street in Nanuet, NY

Time: Wednesdays, 1 to 3

Dates: Sept. 14, 21, 28, Oct. 5, 12, 19, 26, Nov. 2

Location: **New City Library** 220 North Main Street in New City, NY

Time: Tuesdays & Thursdays, 1 to 3

Dates: Sept. 20, 22, 27, Oct. 4, 6, 11, 13, 18

Location: **Pearl River Public Library** 80 Franklin Avenue in Pearl River, NY

Time: Fridays, 10:15 to 12:15

Dates: Oct. 28, Nov. 4, 11, 18, 25, Dec. 2, 9, 16

Location: **Rockland County YMCA** 37 South Broadway in Nyack, NY

Time: Thursdays, 11 to 1

Dates: Sept. 15, 22, Oct. 6, 13, 20, 27, Nov. 3, 10

Location: **Suffern Free Library** 210 Lafayette Avenue (Route 59) in Suffern, NY

Time: Tuesdays & Thursdays, 10:15 to 12:15

Dates: Oct. 4, 6, 11, 13, 20, 25, 27, Nov. 1

Location: **West Nyack Free Library** 65 Strawtown Road in West Nyack, NY

Time: Thursdays, 10 to 12

Dates: Sept. 15, 22, Oct. 6, 13, 20, 27, Nov. 3, 10

