



## County of York, Pennsylvania Area Agency on Aging

### For Immediate Release

**April 1, 2018**

### **Do you or a loved one have concerns about falling?**

The York County Area Agency on Aging will host free classes for people to learn how to manage the risk of falling and increase activity levels. These free classes are part of an award-winning series called "A Matter of Balance."

A Matter of Balance is meant for people who have concerns about falling, have fallen in the past, have restricted their activities because of falling concerns, or are interested in improving balance, flexibility and strength.

This free program emphasizes practical strategies to manage falls. Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Registration is now open for 2018 Spring classes at two locations:

- **York Township Park Building**  
25 Oak Street, York  
Mondays & Wednesdays, May 7 – June 4 (no class May 28)  
10 AM – 12 PM
- **West Manchester Township Building**  
380 East Berlin Road, York  
Tuesdays & Thursdays, May 8 – May 31  
9:30 AM – 11:30 AM

For more information or to register for classes, please call Megan Craley at 717-852-4902, ext. 1017 or 1-800-632-9073.

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