



Communication Services
5334 South Prince Street
Littleton, Colorado 80120-1136
Phone: 303-795-5467
Fax: 303-734-5470
www.co.arapahoe.co.us

For Release: March 11, 2011

Contact:

LINDA HALEY

Division Manager

Senior Resources

Direct: 303-738-8089

E-mail: lhaley@co.arapahoe.co.us

HALEY MCKEAN

Communication Services Specialist II

Direct: 303-636-1945

Mobile: 303-726-6608

E-mail: hmckean@co.arapahoe.co.us

Seniors invited to workshop series on managing concerns about falls

Eight-week series offers tips to increase activity and reduce fall risk factors

Aurora, Colo. – Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall?

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends.

[Arapahoe County Senior Resources](#), in partnership with [Tri-County Health Department](#) and [The Medical Center of Aurora](#), would like to invite older adults to an eight-week, no-cost series designed to reduce the fear of falling and increase activity levels.

A Matter of Balance: Managing Concerns About Falls will take place at 10 a.m. on Wednesdays, April 20 through June 8 at the Medical Center of Aurora's North Campus, 700 Potomac St. in Aurora. Classes will be held in the Lower Level meeting rooms. A kick-off and registration meeting will take place 10 a.m., April 6 at this location for those who are interested. A workbook is provided and refreshments are served.

Participants will learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. The series can help people improve their quality of life and remain independent.

Please call Linda Haley with Arapahoe County Senior Resources at 303-738-8089 to register to attend or for more information.