



County of Rockland Department of Health NEWS RELEASE

FOR IMMEDIATE RELEASE

DATE: January 19, 2010

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Department of Health announces spring 2010 schedule of Matter of Balance classes for seniors

Pomona, NY - The Rockland County Department of Health's *Matter of Balance* program announces its spring schedule of classes. *Matter of Balance: Managing Concerns about Falls* is a fall-prevention program for senior citizens where they learn to develop confidence, set realistic goals to increase activity, make changes to reduce the risks of falls at home, and 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.

Classes meet for eight, two-hour sessions and are as follows:

Location: **Thorpe Village**

Rte 340, Sparkill, NY
Time: Mondays, 10 to 12
Dates: February 1, 8, 16 (Tues), 22, March 1, 8, 15, 22

Location: **Finkelstein Memorial Library**

24 Chestnut St, First Floor Room, Spring Valley, NY
Time: Thursdays, 10 to 12
Dates: March 18, 25, April 1, 8, 15, 22, 29, May 6

Location: **West Nyack Free Library,**

65 Strawtown Road, W. Nyack, NY
Time: Thursdays, 10 to 12
Dates: April 8, 15, 22, 29, May 6, 13, 20, 27

Location: **JCC**

450 **West Nyack** Road **West Nyack, NY**
Time: Friday s, 10:15 to 12:15
Dates: April 9, 16, 23, 30, May 7, 14, 21, 28

Location: **Nanuet Library**

149 Church Street, Nanuet, NY
Time: Fridays, 1 to 3
Dates: April 9, 16, 23, 30, May 7, 14, 21, 28

Location: **New City Library**

220 N Main St, New City, NY

Time: Mondays and Wednesdays, 1 to 3

Dates: April 19, 21, 26, 28, May 3, 5, 10, 12

Classes are taught by volunteers who are trained to become Peer Educators (Coaches). You can become a Coach by attending the Coach Training.

Coach Training

Location: **Spring Valley Campus or RCC**

Room 301, 185 North Main Street, Spring Valley, NY

Time: Fridays, 10 to 12

Dates: April 2, 9, 16, 23, 30, May 7, 14, 21

For more information about Matter of Balance or to register for the coach training, call the Department of Health at 845-364-2501.

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