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COUNTIES

Franklin
Granville
Person
Vance
Warren

FREE Falls Prevention Workshop Scheduled for Granville County

A Matter of Balance Opened to the Public

Henderson, NC – The Kerr Tar Area Agency on Aging will offer a free falls prevention workshop starting in August. The nine week program, called *A Matter of Balance*, is designed to help older adults to overcome the fear and help prevent falls. The workshop will be held at South Granville Senior Center in Creedmoor.

MUNICIPALITIES

Bunn
Butner
Creedmoor
Franklinton
Henderson
Kittrell
Louisburg
Macon
Middleburg
Norlina
Oxford
Roxboro
Stem
Stovall
Warrenton
Youngsville

One out of three adults age 65 and better fall each year. As we age, we can develop a fear of falling. This fear can result in a decrease in physical activity and lead to increased isolation. Studies show 30% of individuals who fall suffers injuries that decrease mobility and independence and result in high medical costs. According to falls data in North Carolina, fall death rates by age from 2012 drastically increased from the age of 65. While falling is not limited to older adults, this population is at the highest risk for fall-related injury.

A Matter of Balance can help older adults improve their quality of life and remain independent. "This program is one of the most popular and demanded falls prevention programs in our five county region," says Jillian Hardin, Director Kerr Tar Area Agency on Aging, "the fear of falling could actually lead to a fall because that fear limits activities, causes difficult emotions and leads to isolation; the result is physical, balance and strength weakness." Participants will learn physical activities to strengthen muscles, increase social activity, safety hazards to prevent falls, problem solving and goal setting during the nine week workshop.

There is no cost for this class and a workbook is provided. Classes start Tuesday August 1 – September 26 from 2:00 p.m. – 4:00 p.m. and will be held at the South Granville Senior Center, 614 Douglas Drive, NC-56, Creedmoor. To register, call Cheryl Carrier at 919-528-0848.

The Kerr Tar Area Agency on Aging leads and is involved in the efforts that provide for the development and enhancement of comprehensive and coordinated community based systems of services, opportunities, and protections for older adults which assist them in leading independent, meaningful and dignified lives in their own homes and communities for as long as possible. We serve five counties, Franklin, Granville, Person, Vance and Warren.