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News Release

MATTER OF BALANCE CLASS COMING TO SEGUIN

Seguin, April 10, 2009 - Spring time can mean getting out of your home more to enjoy taking walks, meeting friends, attending community events, shopping or gardening. But for those who have fallen down or feel they are likely to fall, staying within the safety of their homes may be the preferred option.

Why miss out on the lovely weather and the opportunities this time of year offers? There is a program coming to Seguin called "A Matter of Balance". Co-sponsored by AACOG's Alamo Area Agency on Aging and Humana, "A Matter of Balance" is designed to teach seniors that falls are controllable and need not limit an individual to doing less outside of the home.

Starting Tuesday, April 28, 2009, and running for the next seven consecutive Thursday and Tuesdays mornings from 9-10:30 a.m., "A Matter of Balance" classes will be held at the Silver Center on 510 E. Court St. in Seguin. AACOG's Dan Goetz and Barbara Effenberger of Seguin will co-teach the class.

During the classes, we will learn how falls are controllable and how to set goals for increasing your activity. We will see how changes can be made in the home to reduce falls and we will do some light exercises that can increase strength and balance. By the end of the class, you should be well underway toward greater confidence and safer experiences walking in your home and community.

There is no charge for this class. All participants are welcome. Do you have a friend, a neighbor or family member who could benefit? Why not call them and then bring that person to the class? They will be thankful you did!

To register, please call A'Lisa Seleen at the Silver Center (830) 303-6612. For more information about Matter of Balance, contact Dan Goetz at (210) 362-5567 or dgoetz@aacog.com.

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AACOG is a voluntary association of cities, counties, and special governmental districts serving the Alamo Area/State Planning Region 18, which covers 12 counties and 11,354 square miles. AACOG's mission is to enhance the lives of all residents of the Alamo Region by working in mutual respect and partnership with all levels of government, the business sector, and the community at large to meet regional challenges and to create regional strengths.