



Many seniors experience fear of falling. As a result, they limit their activities. *A Matter of Balance* teaches practical strategies to reduce fear and increase activity.

The Rockland County Department of Health announces

## A Matter of Balance Coach Training

Become a volunteer peer educator to teach Matter of Balance to other seniors. Training will be provided by the Department of Health.

When:

Wednesdays, 10 AM-12 NOON

January 21, 28 February 4, 11, 18, 25, March 4, 11, 2009

Where:

RCC Spring Valley Extension

185 N. Main Street

Spring Valley, NY

A Matter of Balance meets once a week for 2-hours each session for 8 weeks. For more information or to register, call the Rockland County Health Department at 364-2501.



C. Scott Vanderhoef  
County Executive



Joan Facelle, MD, MPH  
Commissioner of Health