



County of Rockland Department of Health NEWS RELEASE

FOR IMMEDIATE RELEASE
DATE: August 14, 2008
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Department Health announces fall schedule of Matter of Balance classes for seniors

Pomona, NY - The Rockland County Department of Health's *Matter of Balance* program will be holding free classes as listed below. *Matter of Balance* 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.

Dates: Sept 8, 15, 22, October 6, 20, 27, November 3, 10.

Time: Mondays, 2:00 – 4:00 PM

Place: *Spring Valley Campus of RCC*, 185 N. Main Street, Spring Valley, NY

Dates: Wednesdays, September 10, 17, 24 October 8, 29; Thursdays October 2, 16, 23
(schedule to accommodate Jewish holidays)

Time: Wednesdays and Thursdays from 10 a.m. to 12 noon

Place: *JCC*, West Nyack, NY

Dates: September 23, 25 October 7, 9, 14, 16, 21, 23

Time: Tuesdays and Thursdays from 1 p.m. to 3 p.m.

Place: *New City Library*, 200 N. Main Street, New City, NY

Dates: September 4, 11, 18, 25 October 2, 9, 16, 23

Time: Thursdays from 1:15 p.m. - 3:15 p.m.

Place: *Esplanade*, 168 Red Schoolhouse Rd, Chestnut Ridge, NY

(Note: There will be a complimentary lunch before class for those who register and attend at this location)

Dates: September 19, 26, October 3, 10, 17, 24, 31, November 7

Time: Fridays from 10:15 AM – 12:15 PM

Place: *Nanuet Library*, 149 Church Street, Nanuet, NY

Advanced registration is required. For more information or to register, contact the Department of Health at 845-364-2501.

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