



**Grand Traverse County
Senior Center Network**

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www.gtcoa.org

FOR IMMEDIATE RELEASE

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Subject: It Can Be – Just a Matter of Balance . . .

The award-winning program, ‘Just a Matter of Balance: Managing Concerns About Falls,’ developed at the Roybal Center at Boston University, is coming to Grand Traverse Commission on Aging Acme Satellite (4354 Mt. Hope Rd.) for eight consecutive Mondays, from 3:30 – 5:30 p.m., starting March 16th. These 8 (2-hour) sessions help participants learn – control of basic fear of falls, realistic means to increase daily activity, ways to reduce risk of falls, and exercise promoting strength, flexibility, and balance – all important factors in prevention of falls. “I seem to be more aware of every situation for my safety. I now ‘stop, look and listen’ to my surroundings,” states a program participant. Advance registration is required; please call 231-922-4911.

The Senior Center Network is part of the Grand Traverse County Commission on Aging – “Caring for those who cared for you” for 40 years.

The Senior Center Network is part of the Commission on Aging, “Caring For Those Who Cared For You.” The Network provides many programs to older adults in Grand Traverse County. There are locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of seniors enjoy dozens of activities on a daily basis. Business hours are Monday – Friday 8 am – 5 pm. Call 922-4911, check our website or FaceBook page for more information.