News release

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Texas A&M AgriLife Extension Service

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**“A Matter of Balance” to Help Older Adults Reduce their Risk of Falls**

The Texas A&M AgriLife Extension Service in Haskell County is offering a free program designed to reduce the risk of falls, increase physical activity and sustain longer independent living among older adults. “A Matter of Balance” is an evidence-based program that uses volunteer coaches to teach participants how to overcome their fear of falling, increase their strength and balance and improve their environment.

Each year, one in every three adults age 65 and older falls, according to the U.S. Centers for Disease Control and Prevention. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Surveys on “A Matter of Balance” have found that 97 percent of participants are encouraged to increase their physical activity upon completion of the program.

“A Matter of Balance” is a series of eight weekly classes, 12:45 p.m. – 2:45 p.m., Monday, March 19 until May 7 at the Haskell Experienced Citizen Center 1404 S 1st Street in Haskell, Texas. Space is limited so first come first served registration deadline by March 16.

Steve King, Administrator at Haskell Health Care will be one of the volunteer coaches as well as Darlene Hopkins, Family and Community Health Extension Agent for Haskell County.

For more information or to register for the free classes in Haskell County, contact Darlene Hopkins at (940) 864-2658 or darlene.hopkins@ag.tamu.edu