



# News Release

## FOR IMMEDIATE RELEASE

March 6, 2017

Department of Public Health  
Contact: Marisa Ramos-Mason  
Public Health Educator  
Telephone: 910-433-3892  
E-mail: [mrmason@co.cumberland.nc.us](mailto:mrmason@co.cumberland.nc.us)

## Fall Prevention Classes for Older Adults March 7 – April 25

FAYETTEVILLE – Older adults are invited to participate in an eight-week fall prevention class, “A Matter of Balance,” held Tuesdays starting March 7 through April 25 from 11 a.m. to 1 p.m. at the John D. Fuller Recreation Complex, located at 6627 Old Bunce Rd., Fayetteville. Falling is the leading cause of serious injury and hospitalization among the elderly.

The free program is designed for individuals age 65 and older and those with a disability that hinders mobility. Participants will learn ways to prevent falls, reduce their fear of falls and increase their activity levels. In addition, classes will focus on exercise, healthy eating, how to get up from a fall, risk factors in the home and learning how to ask for help.

People who complete the eight-week session will receive a certificate. Anyone who signs up for the class should attend all sessions and will not be admitted if they fail to attend the first two sessions. In 2016, 80 older adults completed “A Matter of Balance.” The program is made possible through a partnership between the Cumberland County Department of Public Health and the Cumberland County Mid-Carolina Council on Aging.

Risk factors that contribute to falls include low blood pressure, leg weakness and poor flexibility and balance. Common serious injuries caused by falls are hip fractures and head injuries. Every year, at least 300,000 older adults are hospitalized for hip fractures, according to the Centers for Disease Control. From 2007 to 2009, falls were the leading cause of injuries resulting in emergency room visits and hospitalizations in Cumberland County for people age 65 and older.

A second “A Matter of Balance” series will be held June 19 through July 17 on Mondays and Thursdays from 1:30 to 3:30 p.m. at the Tokay Senior Fitness Center, 328 W. Hamilton St., Fayetteville.

For more information, contact Public Health Educator Marisa Ramos-Mason at 910-433-3892 or email [mrmason@co.cumberland.nc.us](mailto:mrmason@co.cumberland.nc.us).

*If you would like more information about the Cumberland County Department of Public Health’s programs and services, health-related data, or community resources, please call 910-433-3600 or visit with someone at the information desk, or visit our website at [co.cumberland.nc.us/health.aspx#](http://co.cumberland.nc.us/health.aspx#). Comments are welcome and can be submitted on our website at [co.cumberland.nc.us/health/comment\\_form.aspx](http://co.cumberland.nc.us/health/comment_form.aspx). The Health Department is located at 1235 Ramsey St. in Fayetteville.*

###