



# News Release

**FOR IMMEDIATE RELEASE**

Sept. 11, 2017

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

## **Health Department Offers Fall Prevention Classes For Older Adults**

FAYETTEVILLE – The Cumberland County Department of Public Health will offer “A Matter of Balance” fall prevention classes for older adults beginning Sept. 15. Classes for the eight-week program will be held on consecutive Fridays, Sept. 15 through Nov. 3, from 10 a.m. to 12 p.m. at Eastern Regional Branch Library, 4809 Clinton Rd.

The class is limited to 15 participants so early registration is encouraged. To register, call 910-485-2955 or go to the library’s website at [www.cumberland.lib.nc.us](http://www.cumberland.lib.nc.us).

The class is designed to help older adults prevent falls and increase physical activity by emphasizing practical strategies to manage falls. Classes will provide tips on how to control falls, make changes in the home to reduce fall risks and exercise to increase strength and balance.

*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.*

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