



TOWNSHIP OF

EAST HANOVER

Department Of Health & Human Services

**411 RIDGEDALE AVENUE
EAST HANOVER, NJ 07936
health.dept@easthanovertownship.com**

*Carlo DiLizia, M.A.
Director / Health Officer
Christine DiBrienza, RN, BSN, MS
Nursing Supervisor*

*Telephone: 973-888-6035
Fax: 973-428-2986*

For Immediate release

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East Hanover/Roseland

Managing Concerns About Falls

Do you have concerns about falling, do you limit your activities? If so, *A Matter of Balance* is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. The program consisted of 8 sessions of 2 hours each.

The East Hanover Health Department, is offering *A Matter of Balance* **starting on Tuesday, September 26, 2023 from 10am -12 noon at the Tom Rinaldi Rec. Center, 5th Street, East Hanover, NJ. Please call the health department @ 973-888-6035 to register or for more information. The program is open to residents of East Hanover and Roseland.**

A Matter of Balance Lay Leader Model

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*



Public Health
Prevent. Promote. Protect.