



MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

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FOR IMMEDIATE RELEASE DATE: October 22, 2019	Contact: Tracy Styka
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Mahoning County Public Health is Offering a Free *A Matter of Balance* Workshop

Mahoning County Public Health is sponsoring a free *A Matter of Balance* Workshop. *A Matter of Balance* is an 8-week structured falls prevention workshop that emphasizes practical strategies to reduce the fear of falling and increase activity levels. During weekly 2-hours sessions, participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

- Begins Friday, November 1, 2019 from 10:30 AM to 12:30 PM at Mahoning County Public Health, 50 Westchester Drive, Austintown. The workshop consists of 8 weekly sessions ending on Friday, December 27, 2019.

The workshop is offered free of charge, but registration is required. For more information or to register, please call 330-270-2855 ext. 171.

ABOUT MAHONING COUNTY PUBLIC HEALTH

Mahoning County Public Health works to protect the public's health and to ensure conditions in which all people can live healthy lives. Mahoning County Public Health offers a variety of services from immunizations to environmental and community health programs. For a complete list of services visit mahoninghealth.org.

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