



OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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PRESS RELEASE

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Seniors: Reduce Fall Risks, Increase Activity

MANCHESTER - Ocean County Library will host "A Matter of Balance," an eight-week series that will show older adults ways they can reduce the risks of falls and increase their activity levels.

The series will be held at the Manchester Branch, 21 Colonial Dr., from 2 to 4 p.m. on Mondays June 6, 13, 20 and 27, July 11, 18, and 25, and August 1.

Participants will learn to set realistic goals to increase their activity, change their environment to reduce fall risk factors, and learn simple exercises to increase their strength and balance.

The program will be presented by the Better Health Program of Monmouth Medical Center, Southern Campus. Refreshments will be served.

The series is free but registration is required. When a person signs up for the program he or she will be registered for all eight sessions. To register call the branch at 732-657-7600 or go to the OCL website www.theoceancountylibrary.org, click on the "Events & News" icon, then click on "Calendar of Events."