

FOR IMMEDIATE RELEASE

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A MATTER OF BALANCE- Managing Concerns About Falls

(Augusta-February 13, 2007) SENIOR SPECTRUM, your path to living well, is offering an informational session on *A Matter of Balance*, a program that helps individuals address the fear of falling.

Do you know someone who has had a bad fall, is afraid of falling, and has stopped participating in activities because of that fear? If so, you can help. Become *A Matter of Balance* Volunteer Coach. To learn more about *A Matter of Balance*, and this great volunteer opportunity, please join us for *A Matter of Balance* Informational Meeting.

Where: Cohen Center, 2010 Town Farm Road, Hallowell, Me.

When: March 6, 2007

11:00 am to 1:00 pm

Lunch will be provided

RSVP to Joanne Joy at 582-8011

The public is invited to call the agency's Consumer Helpline at 1-800-639-1553 for more details, or to join the Senior Spectrum Volunteer Corps. The Agency's web site is located a www.seniorspectrum.com

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