

FOR IMMEDIATE RELEASE:

August 20, 2015

Managing Concerns About Falls

Madelia, Minn. – Have you turned down opportunities to spend time with family or friends because you were concerned about falling, or stopped doing a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program that can help you remain active and independent.

This eight-session program is being offered by the Madelia Community Hospital & Clinic (MCHC) and Madelia Community Hospital Foundation. The *A Matter of Balance: Managing Concerns About Falls* program is offered on Tuesdays beginning September 8th through October 27th from 9 - 11 a.m. in the Amberfield Dining Room. Please call the MCHC Physical Therapy Department at 507.642.5211 to register or for more information.

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.

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.

###

About Madelia Community Hospital & Clinic

Madelia Community Hospital & Clinic is a private, nonprofit facility staffed by a team of physicians and medical professionals that is profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed acute care hospital, we offer all the primary health services, such as medical/surgical, pediatric, emergency care and more. In 2011, we expanded our services to include a family medical clinic which provides adolescent health, geriatric health, men's health, newborn health, pediatric health, preventative medicine and women's health. Over the years, we have proactively responded to the changing demands within the health care system, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.