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**CREST To Host “Matter of Balance” Class**

The volunteer caregivers organization “CREST” of Martin County will be presenting the class “A Matter of Balance” on Tuesdays from 9-11am beginning on January 23<sup>rd</sup> and concluding on March 13<sup>th</sup> at the Trimont Community Building, located at 41 2<sup>nd</sup> Avenue NW in Trimont. This 8 session class is designed to reduce the fear of falling and increase activity levels among older adults. It includes an exercise program, identifying our fears & finding options for overcoming them. We also check our homes for safety & falling issues. This curriculum is good for planning ahead to still do the things we like to do. Anyone having concerns about falling or wanting to improve their balance, flexibility, and strength is encouraged to attend. Registration is required in order to provide the needed materials and a \$10 donation is suggested to help cover the costs. Registration deadline is January 19<sup>th</sup>. If you have questions or would like to register for this class, please call the CREST office at 235-3833.

