

**Immediate Release**

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## **Christiana Care Health System Hosts “A Matter of Balance” to Help Older Adults Reduce their Risk of Falls**

(NEWARK, Del. – Feb. ) [Christiana Care Health System](http://www.christianacare.org) is offering a free program designed to reduce the risk of falls and increase physical activity among older adults. “A Matter of Balance” is an evidence-based program that uses volunteer coaches to teach participants how to overcome their fear of falling, increase their strength and balance and improve their environment.

Each year, one in every three adults age 65 and older falls, according to the U.S. Centers for Disease Control and Prevention. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Surveys on “A Matter of Balance” have found that 97 percent of participants are encouraged to increase their physical activity upon completion of the program.

“A Matter of Balance” has been recognized with the Healthcare and Aging Award by the American Society on Aging and the Innovations and Achievement Award by the National Association of Area Agencies on Aging.

The program is sponsored by RSVP, a state volunteer program for adults age 55 and older, and the Delaware Division of Services for Aging and Adults with Physical Disabilities.

“A Matter of Balance” is a series of eight classes, 1-3 p.m. March 4 until April 22 at the Christiana Hospital in Newark. Four more classes are offered through the end of 2015.

To register, contact Christiana Care injury prevention coordinator Kathleen Boyer, RN, at (302) 733-4250 or at [KBoyer@christianacare.org](mailto:KBoyer@christianacare.org).

### **About Christiana Care Health System**

Christiana Care Health System is one of the country’s largest health care providers, ranking as the 22nd leading hospital in the nation and 12th on the East Coast in terms of admissions. A not-for-profit teaching hospital affiliated with Thomas Jefferson Medical College, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services, as well as for its Level-I trauma care and Level-3 neonatal intensive care (both highest capability). Christiana Care includes two hospitals with 1,100 patient beds, a home health care service, preventive medicine, rehabilitation services, a network of primary care physicians and an extensive range of outpatient services.

For more information about Christiana Care, visit [www.christianacare.org/howeare](http://www.christianacare.org/howeare).

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