



Calvert County NEWS

175 Main Street
Prince Frederick, Maryland 20678
Phone: 410-535-2003
www.calvertcountymd.gov

Board of Commissioners

Earl F. Hance
Mike Hart
Thomas E. Hutchins
Kelly D. McConkey
Steven R. Weems

FOR IMMEDIATE RELEASE

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Contact: Sarah Ehman, Public Information Program Manager
410-535-2003 Sarah.Ehman@calvertcountymd.gov

Heather Skyrn, Public Information Program Assistant
410-535-2003 Heather.Skyrn@calvertcountymd.gov

Office on Aging Hosts Classes to Help Seniors Reduce Falls

PRINCE FREDERICK, Md. – Sept. 25, 2019 – The Calvert County Office on Aging is holding a seven-week “Stepping On” falls prevention program to reduce falls and build confidence in older adults. The free program teaches strength and balance exercises along with other strategies to prevent falls in and around the home.

Class sessions will be held Fridays from Oct. 11 through Nov. 22, 1-3 p.m., at Calvert Pines Senior Center located at 450 W. Dares Beach Road in Prince Frederick. The program is free, but seating is limited. Those interested must register by calling 410-535-4606, ext. 121. Participants should be able to walk independently or with a cane and live in their own home or independent living facility.

“Falling is a common cause of injury for older adults, and can be very serious,” said Office on Aging Division Chief Susan Justice. “We are excited to bring this class to seniors in Calvert County, especially those who have recently fallen or who are concerned about falling, as we believe they will gain the skills and confidence to minimize fall risk.”

In addition to strength and balance exercises, the program will teach participants methods to identify tripping hazards in and around the home, the influence of vision on fall risk, medications and falling, navigating steps and chairs, how to get up from a fall, bone health, safe footwear and outdoor mobility techniques.

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Operating under the Calvert County Department of Community Resources, the Calvert County Office on Aging provides a broad range of programs and services that enable senior citizens to maintain the best possible quality of life.

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