



NEWS RELEASE

Recreation and Community Services Department

375 Campus Drive

Arcadia, CA 91007

(626) 574-5113

WWW.ARCADIACA.GOV

FOR IMMEDIATE RELEASE

Date: August 21, 2023

Contact: Recreation & Community Services Department, 626.574.5113

A MATTER OF BALANCE – FALL PREVENTION CLASS

Falls are ranked among the most common medical call type received by the Arcadia Fire Department. To proactively address falls among the senior population, the Arcadia Recreation and Community Services Department, Arcadia Fire Department, and Partners in Care Foundation are jointly reviving the popular fall prevention class, A Matter of Balance.

This class is for individuals 50 years and older who have previously fallen or are doing less of the things they love because they are worried about falling. Falling is not an inevitable part of aging, but something you can learn to prevent by making simple changes to your home, managing when and how to take your medications, and increasing exercise to improve strength and balance. The class is free, but limited space is available. Registration begins August 28, 2023, advanced registration is required. In addition to open registration, the Arcadia Fire Department will be referring individuals who they believe could benefit from the class.

A Matter of Balance class will be held Tuesdays and Thursdays from October 10-November 2, from 1-3pm, at the Museum Education Center, 380 West Huntington Drive. Registration can be made online at ArcadiaCA.gov/classes or in person at the Recreation Office, 375 Campus Drive.



Tuesdays & Thursdays
October 10-November 2 from 1-3pm
Museum Education Center
50+ yrs
Free, registration required



About Arcadia

Nestled along the rolling foothills of the San Gabriel Mountains and Angeles National Forest, Arcadia is a charming, family-oriented community with a population of just over 57,000. Located only 13 miles east from downtown Los Angeles, regional transportation networks like the Metro Gold Line connect Arcadia as a premier residential, shopping, and entertainment destination in the San Gabriel Valley. Arcadia is known for its top-rated schools, iconic landmarks, and serene neighborhoods. Arcadia is an award-winning community having been twice named as the *Best City in California in which to Raise Kids* and the *2017 Most Business-Friendly City* in Los Angeles County. With the conveniences and amenities of a full-service, mid-size city, Arcadia's "Community of Homes" provides a quality of life that will go [Above & Beyond](#) your expectations.

For more information, please visit ArcadiaCA.gov or follow us on Twitter by texting **DISCOVER** to **33222**:



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Public safety
& crime prevention



Wellness, lifelong learning,
& community programs



Business, conservation,
& sustainability tips

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