

Eight-Session Class at Darien Senior Center on Preventing Falls, Starts Tuesday

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Fairfield University School of Nursing students will present “A Matter of Balance,” a workshop focused on fall prevention, for eight weekly sessions, beginning Tuesday, Jan. 28 at 10 a.m. at the Senior Center.

—[an announcement](#) from [Darien Senior Center](#)

Falls are the primary cause of injury in Connecticut’s older adults.

The workshop will consist of eight weekly two-hour sessions on fall prevention methods with focus on reducing participants’ risk for falling.

The program will help participants set goals for increasing physical activity, and teach exercises to increase strength and balance. This program has proven to increase confidence in the management and prevention of falls.

There is significant evidence that fall prevention programs can decrease the rate of falls in older adults. This is a program that all seniors should plan to attend.

Sign up is mandatory as space is limited.

Call Darien Senior Center at 203-656-7490 to register or for more information.