



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. 29) [Christiana Care Health System](#) 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 Volunteer Delaware 50+, 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 weekly classes, 1 p.m. – 3 p.m., March 2 until April 27 at the Christiana Hospital in Newark. Four more classes are offered through the end of 2016.

For more information or to register for the free classes in New Castle or Kent counties, contact Susan Fox at (302) 255-9690 or susan.fox@state.de.us. For Sussex County, contact Ann Gorrin at (302) 515-3026 or ann.gorrin@state.de.us.

About Christiana Care Health System

Christiana Care Health System is one of the country’s largest health care systems, ranking as the 22nd leading hospital in the nation and 12th on the East Coast in terms of admissions. The health system includes The Medical Group of Christiana Care, a network of primary care physicians, medical and surgical specialists as well as home health care, preventive medicine, rehabilitation services and patient/family advisors for core health care services. A not-for-profit teaching

hospital affiliated with Sidney Kimmel Medical College at Thomas Jefferson University, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care has an extensive range of outpatient services, and through Christiana Care Quality Partners, Christiana Care works closely with its medical staff to achieve better health, better access to care and lower cost. Christiana Care is home to Delaware's only Level I trauma center, the highest capability center and the only one of its kind between Philadelphia and Baltimore. Christiana Care features a Level III neonatal intensive care unit, the only delivering hospital in Delaware that offers this highest level of care to the most critically ill newborns. Christiana Care includes two hospitals with 1,100 patient beds.

For more information about Christiana Care, visit www.christianacare.org/whoweare.

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