



DERRY PRESBYTERIAN CHURCH

Founded 1724

MEDIA ALERT

FOR INFORMATION CONTACT:

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FOR IMMEDIATE RELEASE

Derry Church Offers Eight-Week Class on Balance

March 2024— For those who have concerns about falling, Derry Church presents the award-winning program, "A Matter of Balance," from 2:00-4:00 pm Mondays, April 1 through May 20. Classes will be held in room 7 at 248 East Derry Road, Hershey. There is no charge to attend.

Classes will be led by Amy Bollinger, BSN RN TCRN, the Trauma Education, Outreach, & Injury Prevention Coordinator at Penn State Health Milton S. Hershey Medical Center. Sessions will emphasize practical strategies to manage falls and increase activity levels. Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home

Exercise to increase strength and balance

Who should attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

Derry Presbyterian Church is affiliated with the Presbyterian Church (USA). Worship services are held on Sundays at 8:00 and 10:30 am and on Tuesdays at 6 pm. For more information, call the church office at 717-533-9667 or visit derrypres.org.

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