



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

www.grandtraverse.org/scn

Making longer lives, better lives.

FOR IMMEDIATE RELEASE

Date: February 27, 2018

Contact: Lori Wells, Manager

Phone/Email: 231-922-4911/lwells@grandtraverse.org

Subject: Ready, Steady, Balance and the Brain Body Connection Series

Traverse City – Falls are a scary thing for older adults. People fall when they experience an incident that challenges their balance or strength. If this incident overwhelms their ability to remain upright, down they go.

The Center for Disease Control (CDC) reports that one in five falls causes a serious injury, such as a broken bone or head injury. Fear of falling can also seriously affect an older adult's quality of life, keeping them from being active and physically fit.

Join Dr. Jessica Stallman on Wednesday, March 14, 3:30 p.m., at the Traverse City Senior Center, 801 E. Front Street, as she tackles the fear of falling during this first session of five. In this session the objectives are to reduce a fear of falling and increase activity levels among those at risk, older adults. The fear of falling can deepen the possibility of isolation, depression and anxiety, consequently increasing the risk of falling.

Dr. Stallman finished her undergraduate studies and post-graduate studies at Life University in Marietta, Georgia. Dr. Stallman graduated Cum Laude from Life University with a Doctorate of Chiropractic. Previous to moving to northern Michigan to be closer to family, Dr. Stallman practiced in Georgia at one of the largest Upper Cervical Care offices in the United States.

Learn how to improve your balance during this five session series. The rest of the sessions will cover Neurology in Balance; Making Your Home Safe; Move it or Lose It; and Know Your Choices and Be Responsible for Your Health. All of the sessions are held at the Traverse City Senior Center, 801 E. Front Street.

The sessions in the balance series are free, but advance registration for all of the sessions is required.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.