



Clay County Public Health Center
800 Haines Drive
Liberty, MO 64068

Phone: 816.595.4200 FAX: 816.595.4201

Website: www.clayhealth.com

FOR IMMEDIATE RELEASE:

DATE: 3/15/09

**CONTACTS: Tina Uridge, Clay County Senior Services (816/455-4800), tina@claycoseniors.org
Kathy Macken, Platte County Senior Fund (816/270-2800),
kmacken@platteseniors.org**

SUBJECT: "Active Aging - Put a Little Spring in Your Step!"

"Active Aging -Put a Little Spring in Your Step!" is a free workshop May 7 from 9 AM-Noon at the Gladstone Community Center, 6910 N. Holmes. The workshop is sponsored by the Senior Falls Prevention Coalition of Clay and Platte Counties. Seating is limited. RSVPs are requested (423-4091) by May 5 if you plan to attend. Planned in conjunction with Older Americans Month in May, the workshop is designed to help attendees learn how to take an active role in improving their quality of life and maintaining their independence as they age.

Falls provide an increasingly significant health risk for adults as they age. Each year an estimated one third of all seniors over 65 fall. Falls rank #1 in Platte County and #2 in Clay County among health issues affecting older adults. The workshop will provide information on lifestyle changes and other choices that can make a difference in preventing falls. It will include presentations and demonstrations on:

- "Aging in Place-Modifications to Make Your Home Safe"
- "Get Fit While You Sit" and "A Matter of Balance"
- "What's Medication Got to Do With It"
- "Vision and Falls"

Certified laughter leader and Liberty Hospital Chaplain Steve Smith, will present a lighter take on aging, "Letting Your Inner Child Play." Jodee Fredrick, Health Promotion Division Director at Clay County Public Health Center and a member of the Show Me Falls Free Missouri Coalition, will provide a falls risk overview, and Clay County Commissioner Katee Porter will attend. There will be refreshments, door prizes, balance, vision and medication and mental health screenings.

The mission of Clay County Public Health Center is to prevent disease, promote and protect the health of Clay County residents by assessing needs, developing policies and programs, and assuring access to quality health services.

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