



Senior Services – Estes Park Senior Center
220 Fourth Street
Estes Park, Colorado 80517
www.estes.org/seniorcenter

Lori Mitchell
Senior Services Manager
lmitchell@estes.org
970-577-3765

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News - For immediate release

Free N' Balance classes funded by Larimer County Office on Aging grant

The Town of Estes Park's Senior Services Division was recently awarded a \$6,240 grant from the Larimer County Office on Aging (LCOA) to conduct four eight-week N' Balance courses in Estes Park as part of a LCOA fall prevention initiative. N' Balance is well-known as progressive and highly-effective evidenced based fall prevention program. Maintaining balance and preventing falls is a critical factor in aging well. This program will help participants improve their balance and regain confidence, strength and independence. The Town of Estes Park Senior Services Division and Estes Park Senior Citizens Center Inc. are also providing in-kind and direct support for the program.

The first eight-week course will be held on Tuesdays and Thursdays from 10:30 a.m. to 11:30 a.m., September 9 through October 30, 2014 at the Estes Park Senior Center, 220 Fourth Street. The LCOA grant allows for these four courses to be offered at free of charge to participants. Registration is open to those age 60 or older. To register, please call the (970) 586-2996 and speak with Kelly Claypool, Program Coordinator or Lori Mitchell, Senior Services Manager.

Participants must pass a pre-test evaluation on September 9 or 11 in order to continue through the entire course. Once registered, participants will be contacted by Senior Services staff to schedule a time for a pre-test evaluation. These pre-test evaluations will be conducted at the Senior Center. The evaluation consists of simple tests that measure lower body strength, agility and balance.

As part of the grant, two Estes Park professionals participated in an intensive four-day training to become certified N' Balance Instructors through the Consortium for Older Adult Wellness. Senior Services Program Coordinator Kelly Claypool and Yoga Instructor Diana Laughlin received the certification and will teach the courses at the Senior Center over the next 12 months. The Consortium has been accredited as an Authorized Provider by the International Association for Continuing Education and Training (IACET). As an IACET Authorized Provider, COAW is recognized as offering the highest quality continuing education and programs. Learn more about the Consortium at www.coaw.org.

Learn more about the Larimer County Office on Aging at www.larimer.org/seniors or call (970) 498-7750. The Answers on Aging Resource Guide is also a valuable reference tool, available at the Senior Center or online.

For more information, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Center website at www.estes.org/seniorcenter. To receive Senior Center news in your e-mail inbox, please e-mail lmitchell@estes.org.

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