

# NEWS RELEASE



## Waterford on South Hill

**For immediate release**

January 26, 2010

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### **Waterford to offer specialized course to reduce risk of falls**

SPOKANE, Wash. — One in three Americans 65 and older falls each year, and 30 percent of them require medical treatment, according to the Centers for Disease Control and Prevention.

Waterford on South Hill is launching a 10-week FallProof™ Balance and Mobility Training course starting February 17. Classes will be Wednesdays and Fridays from 9 to 10 a.m.

Cost is \$150 for the 20 classes (Waterford residents pay \$100.) In order to provide personalized assistance, enrollment is capped at 10 people. Individuals must sign up by Feb. 12. To register, call (509) 321-8201. Classes will be held at Waterford, 2929 S. Waterford Drive in Spokane.

In addition to individualized balance assessments, participants will learn tips on improving posture and walking, how to recover from losing balance, increased stability and greater confidence.

This program will be taught by Lori McCormick, a physical therapist who is a certified FallProof™ Balance and Mobility specialist. McCormick is one of only two individuals in Washington who has completed the specialized training and certification program at California State University, Fullerton.

“I am very pleased and excited to be bringing this training program to Spokane,” says McCormick. “Each person’s specific needs will be accommodated in the classes, and re-assessments at the end of the course will measure improvement.”

Waterford offers a wide range of homes and lifestyle options, including home health and home care services. The full-service retirement community is located at 29th Avenue and Pittsburg Street. For more information, visit [WaterfordSpokane.com](http://WaterfordSpokane.com).

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