



FOR IMMEDIATE RELEASE

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CALENDAR ITEM

Mystic Valley Elder Services to Hold Free Workshop Series—A Matter of Balance—April through June at the Pleasant Street Center in Reading

(Reading, MA)—Mystic Valley Elder Services will present a free workshop series—**A Matter of Balance—Thursdays, April 18 to June 6, from 10am to 12pm**, at the Pleasant Street Center, 49 Pleasant Street, in Reading.

A Matter of Balance is a free, award-winning program designed to manage falls and increase activity levels. You'll learn how to see falls as something you can control; set goals for increasing your physical activities; make modifications to your home to reduce fall risks; and practice exercises that will increase your strength and balance. This workshop is designed for **anyone**—whether you are concerned about falls, have a history of falling, or are interested in improving balance, flexibility, and strength.

Registration is free, but required. To register please call **781-942-6794**.

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Mystic Valley Elder Services is a non-profit agency that provides essential home- and community-based care and resources to elders, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit www.mves.org.