

FOR IMMEDIATE RELEASE

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Make a Difference teach “Matter of Balance”

(Augusta- August 5, 2008) Spectrum Generations, formerly Senior Spectrum is ready to offer classes. Do you know someone who has a fear of falling? Do you know someone who has difficulty getting up from a sitting position? Matter of Balance is a program designed to help seniors get back their energy and feel more confident about moving about. As a graduate of this training, you would assist in conducting at least 2 classes a week for four weeks (8 sessions) with about 10 participants each session.

Help make a difference in the lives of seniors. We are waiting and ready to set up a training now. For more information call Suzanne at 623-0764 or e-mail skearns@spectrumgenerations.org

The public is invited to call the Agency’s Consumer Helpline 1-800-639-1553. The Agency’s web site is located at www.spectrumgenerations.org