



Felician Village

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## FOR IMMEDIATE RELEASE

### Area Seniors Learn New Ways to Prevent Falls

MANITOWOC, Wis. (April 1, 2019) - Manitowoc County seniors can learn new ways to improve balance, posture, walking, prevent falling and rebuild core strength and flexibility at free Tai-Chi classes offered by Felician Village and the Manitowoc-Two Rivers YMCA.

All residents of Manitowoc County are welcome to attend the 11:00 am Monday classes taught by YMCA certified instructor Jerry Galas. “Older adults want to stay active, independent, and safe in their homes, but many worry about their risk of falling. Falling is not a normal part of aging. Every older adult has the power to prevent a fall,” said Galas.

Classes are tailored to the needs of participants who may have physical challenges. Most movements can be done from a seated position. Short videos are also used to teach self-massage, reduce stress, increase circulation to legs and feet, improve breathing and reduce chronic pain. “Healthy aging classes can help seniors be more proactive in caring for themselves instead of putting all their care in the hands of physicians they may only see once a year or every six months,” commented Galas.

Those more mobile are invited to participate in comparable free classes at the Manitowoc-Two Rivers YMCA at 11 am on Tuesdays and Thursdays.

For more information, call Felician Village at 920-684-7171, ext. 329 or the YMCA at 920-682-0341.

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### About Felician Village

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for more than 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

### Contact

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