



Town Of Miami Lakes

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PRESS RELEASE

For immediate release--

Town of Miami Lakes Awarded Grant for New Senior Wellness Program

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Miami Lakes, Florida-

The Town of Miami Lakes recently received a grant award of \$30,000 from the Health Foundation of South Florida, for a new senior wellness program, "A Matter of Balance", that the Town will begin offering in the Fall.

The program, "A Matter of Balance", is specifically designed to reduce the fear of falling, stop the falling cycle, and increase activity levels among community-dwelling older adults. Since physical inactivity is cited as a significant risk for falls and fall-related injuries in older adults, the sessions will focus primarily on promoting a view of falls and the fear of falling as controllable; will set realistic goals for increasing activity; will promote changing the environment to reduce fall risk factors; and will promote exercise to increase strength and balance. The program is designed for a small group of older adults living independently in community settings or senior housing. "I am very proud of this example of the Town working together with the Health Foundation of South Florida to utilize our resources toward making every effort to enhance the quality of life for our senior citizens", states Councilman Richard Pulido.

More information on the program offerings will be announced at a future date. For more information on the grant award and program, please call (305) 364-6100.

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About the Town of Miami Lakes:

The Town of Miami Lakes incorporated on December 5, 2000 and is one of thirty-five municipalities in Miami-Dade County, Florida. Miami Lakes is home to approximately 27,300 residents and encompasses about 6.8 square miles. Our boundaries are NW 170th Street and the Palmetto Expressway (826) to the north, NW 138th Street to the south, NW 57th Avenue (Red Road) to the east, and Interstate 75 to the west. More information on the Town and its government can be found at www.miamilakes-fl.gov or by calling 305-364-6100.