



Press Release

For Immediate Release
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Brain Injury Association of Massachusetts Offers Matter of Balance Program, at Clinton Senior Center

About 20,000 people in Massachusetts suffer a brain injury each year as a result of a fall, according to the Massachusetts Department of Public Health. Three-quarters of all deaths related to falls are among those aged 65 and over. In light of these staggering statistics, Brain Injury Association of Massachusetts (BIA-MA) is offering A Matter of Balance Program at the Clinton Senior Center to reach older adults. The program starts Wednesday, April 6, 1:15-3:15 pm, and will run for eight consecutive weeks. There is no charge for the program; however, donations are welcome.

The program covers:

- How the brain works and how it gets injured
- Signs and symptoms of mild, moderate and severe traumatic brain injury
- Ways to make the home safer to prevent brain injury
- Exercises to increase strength and improve balance

“Falls are preventable,” says BJ Williams, Falls Prevention Program Manager at BIA-MA. “Successfully completing the Matter of Balance class can reduce the risk for falling by 30-40 percent.

For more information on BIA-MA’s Falls Prevention Program or for a list of tips, please contact BJ Williams at 508-475-0032, ext, 21.

The Brain Injury Association of Massachusetts, a private, non-profit organization, provides support services to brain injury survivors and their families, offers programs to prevent brain injuries, and educates the public on the risks and impact of brain injury. The association advocates for funding for individuals with brain injury, supports legislation to prevent brain injuries, and collaborates on educational campaigns with state agencies and related associations.

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