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VNA NORTHWEST ANNOUNCES BEND AND STRETCH CLINICS IN TORRINGTON AND WINSTED

Another in a series of fall prevention clinic for older adults is being offered by VNA Northwest, Inc. at the Sullivan Senior Center, 88 East Albert Street, Torrington, beginning this Thursday, January 5, at 2:30 p.m.

The six-week session of "Bend and Stretch" classes was created to help senior citizens reduce the possibility of falls, which are the leading cause of injury death in people over age 65.

Classes in Torrington will be held from 2:30-3:30 p.m. on consecutive Thursdays through February 9.

The clinic is funded in part by a grant from the Western Connecticut Area Agency on Aging. Participants will be asked to pay a fee of \$12 (total for the six weeks). Space is limited, so please call the Sullivan Senior Center at (860) 489-2211 to register. For more information on the "Bend and Stretch" clinics, please call VNA Northwest at 860-567-6000 or visit www.vnanw.org.

VNA Northwest clinic instructor Ruth Ellen Griffin is a dance therapist. The exercises done to music are designed to improve balance control, agility, proper movement and bending and stretching for flexibility and safety in and out of the home.

Another six-week "Bend and Stretch" clinic started Tuesday, January 3, in Winsted at the McCarthy Senior Center, 80 Holabird Ave. Please call (860) 379-8325 for more information.