

# NEWS RELEASE



**For immediate release**

Sept. 17, 2014  
For more information  
Kim Lehmann  
360-433-6400  
[KAL@Touchmark.com](mailto:KAL@Touchmark.com)

## **Public invited to check their balance on first day of fall**

VANCOUVER, Wash. – According to the American Academy of Orthopedic Surgeons, 33-50 percent of people over age 65 fall each year; many repeatedly. Dizziness is also one of the leading complaints heard by physicians from their older patients.

In honor of Falls Prevention Awareness Day Tuesday, Sept. 23 — the first day of fall — Touchmark Health & Fitness Club is offering the public four hours of activities and assessments devoted to reducing falls. There is no charge for any of the activities and assessments:

9 a.m. - 12:30 p.m.— NeuroCom® Balance Master® demonstrations and single-test assessments

10 a.m. - noon—Licensed physical therapists perform fall-risk assessments

11 a.m.—SAIL (Stay Active and Independent for Life) class demo

12 p.m.—Fall Recovery class (demonstrates what to do/how to get up if you fall)

All activities will take place at the Touchmark club, 2927 SE Village Loop in Vancouver. Call 360-433-6400 for more information about the event.

The NeuroCom® Balance Master® is an advanced assessment and rehabilitation system that applies interactive computer technology to identify and evaluate a person's unique balance and movement patterns. Touchmark's system includes NeuroGames™ software that allows people to participate in computerized games by shifting their center of gravity. The club is the first in Clark County to offer Balance Master assessments.

The Balance Master is just one component of Touchmark's Fall Reduction and Awareness Program, which is one of 10 programs recognized nationally by the Falls-Free Coalition, affiliated with the National Council on Aging (NCOA). Each year, the NCOA organizes Falls Prevention Awareness Day on the first day of fall to raise awareness about how to prevent fall-related injuries among older adults.

Touchmark Health & Fitness Club serves people age 40 and up and offers a range of classes, personal training, specialized equipment and heated indoor pool. More information is available at [Touchmark.com](http://Touchmark.com).

-end-

TOUCHMARK HEALTH & FITNESS CLUB  
2927 SE Village Loop • Vancouver, WA 98683  
360-433-6400 • [Touchmark.com](http://Touchmark.com)