

CLARION Serving The People Of The New Community Network

NCC Seniors Graduate From Balance Workshop





Agroup of residents at New Community Gardens Senior recently completed an eight-part health and wellness course titled, "Fear of Falling: A Matter of Balance."

Seniors learned about how to safely increase their activity levels and avoid falls, which are not a natural part of the aging process. Residents that completed the 16-hour course received a certificate of completion from the City of Newark Department of Health and Community Wellness.