



# Town Of Miami Lakes

15700 NW 67 Avenue • Miami Lakes, FL 33014  
(305) 364-6100 / Fax (305) 558-8511  
[www.miamilakes-fl.gov](http://www.miamilakes-fl.gov)

**Contact:** Katya Lysak  
Town of Miami Lakes  
305-698-9308

## **PRESS RELEASE**

For immediate release--

### **Town of Miami Lakes Announces Free Living Healthy and Matter of Balance Classes for Senior Citizens**

**August 12, 2010**  
**Miami Lakes, Florida-**

The Town of Miami Lakes, in partnership with Independent Living Community Services, Inc., will offer two FREE and beneficial programs to the seniors of Miami Lakes.

The *Living Healthy Program* teaches participants to help cope and live with any chronic condition they may have through goal planning, nutrition education, and improving their life styles to help accommodate these changes. This 6 week program will take place on Fridays from 10 am to 12:30 pm beginning August 27<sup>th</sup>.

The *Matter of Balance Program* is designed to help those with a fear of falling or a history of falling to prevent and/or manage falls in the future. This program promotes and encourages a healthy lifestyle. This 8 week program will take place on Tuesdays from 10 am to 12 pm beginning August 24<sup>th</sup>.

Classes will take place at the Royal Oaks Park Community Center located at 16500 NW 87<sup>th</sup> Avenue. For more information and to register for these free programs, please contact Katya Lysak, Recreation Operations Manager, at (305) 698-9308 or by email [lysakk@miamilakes-fl.gov](mailto:lysakk@miamilakes-fl.gov).

**###**

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](http://www.miamilakes-fl.gov) or by calling 305-364-6100.*