



An Aging & Disability Resource Center

PRESIDENT

William L. Dennis

VICE PRESIDENT

Barbara Sheen Todd

SECRETARY

Janet Hoppe

TREASURER

Sallie Parks

BOARD MEMBERS

Patricia Bell

Lounell C. Britt

Commissioner Camille Hernandez

Judge George Jirotko

J.B. Johnson

Ve Shing "Nancy" Kau

Martha Lenderman

Pat Malarkey-Stallard

Edward A. Manny

Commissioner John Morrioni

Commissioner Pat Mulieri

Jan Rauer

Charles F. Robinson, Esq.

Virginia Rowell

Sylvia Young

EXECUTIVE DIRECTOR

Sally D. Gronda

Administrative Office

9887 4th Street North

Suite 100

St. Petersburg, FL

33702

727-570-9696

Fax: 727-570-5098

Pasco Office

12417 Clock Tower Parkway

Suite 201

Hudson, FL

34667

727-861-5230

Fax: 727-861-5238



February 5, 2009

To whom it may concern,

Lori Whittle, MPH of Balance Basics in Sarasota has a contract with the Area Agency On Aging of Pasco-Pinellas, Inc. as part of a fall prevention grant with the Florida Department of Health. As a Certified Balance & Mobility Specialist, she is contracted to train professionals and community representatives who will then provide training to seniors in an effort to reduce their risk of falling. She is offering two different classes, *Movements for Strength and Balance*, an exercise program that develops core strengthen, and *Do You Know Where Your Feet Are?*, a class to teach fall prevention strategies and how to get up from a fall.

The Area Agency on Aging serves as the fiscal agent for the grant, but the Pinellas County Fall Prevention Coalition is actively involved in implementing the grant. I have taken both of the classes and members of the Coalition have also participated in the classes. My experience as well as all of the feedback that I have received from Coalition members and from the community about the classes has been very positive. Not only is the class content appropriate, but Lori's method of teaching involves active participation and her interaction with class members is engaging and encouraging.

It has been a pleasure to work with Lori to implement the grant and her classes will enable those she has trained to have an impact on the lives of seniors in Pinellas County.

Sincerely,

A handwritten signature in cursive script that reads 'Beverly Burton, M.A.'.

Beverly Burton, MA
Senior Resource Director
Area Agency On Aging of Pasco-Pinellas, Inc.