

Valley Area Agency on Aging is looking for Volunteer Coaches



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance program emphasizes practical strategies to manage falls.

Participants learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.

What do you need to be a coach?

- good communication and interpersonal skills
- enthusiasm, dependability and a willingness to lead small groups of older adults
- ability to lead low to moderate level exercise

Classes are held once a week for 8 weeks for 2 hours each.



Presents

A Matter of Balance Coach Training

Wednesday, August 15 & Thursday, August 16, 2018

9:00am – 3:00pm

Loose Senior Center

707 N Bridge St • Linden, MI • 48451

Training Cost: \$35.00 per person or \$50.00 for two people from the same organization. Payment can be made by cash or check, to Valley Area Agency on Aging at 225 E Fifth Street Suite 200 Flint, MI 48502. Classes are coached by two coaches in the field. Must attend both days of training to be certified.

To register, please call Jennifer Joyner, Valley Area Agency on Aging at (810) 239-7671 Ext. 281; Space is limited. Please RSVP by August 8.