

VOLUNTEER COACHES NEEDED



A Matter of Balance is a proven, award-winning program designed to help people manage concerns about falls and increase their physical activity. The Area Agencies on Aging of Dallas County and North Central Texas need **volunteer coaches** to bring the program to your community.

Coaches help participants become more confident about managing falls, 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



A Matter of Balance: Managing Concerns About Falls

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging.

Training is free! Space is limited!

Wednesday, August 7 -Thursday August 8, 2024

This training is for the new coach to facilitate at on-site locations.

(Must attend both days to be certified)

9:00 AM-3:30 PM

Location: Online in ZOOM

You will receive the Zoom link and training materials once you complete the registration process.

Community Council ➤
Moving families forward, leaving poverty behind.



To register please contact Sharon Rowbottom
at srowbottom@nctcog.org or call (817) 608-2373

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