

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 Agency on Aging of North Central Texas needs **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

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

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!*

**Friday, December 6th and
Friday, December 13th, 2024**

(Must attend both days to be certified)

9:00 A.M. TO 3:30 P.M.

Location: Online in ZOOM

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

**To register contact: Sharon Rowbottom at
srowbottom@nctcog.org or call (817) 608-2373
For additional information contact Tina Dawson
at tdawson@nctcog.org or (817) 695-9128**



Funded in part by Texas Health and Human Services Commission. A program of the North Central Texas Council of Governments.