



A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS

## **Train the Trainer for Matter of Balance Coaches**

**Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. Region 9 Agency on Aging is looking for volunteers to help provide this program.**

**The 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 provide classes twice a week for 4 weeks or once a week for eight weeks - 2 hour sessions.**

**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

**Coaches' Training Thursday, May 7, 2015  
8:30 – 9:00 a.m. Registration & Paperwork  
9:00 a.m. – 5:00 p.m. - Training  
NEMCSA Annex  
2569 US 23 South Alpena 49707**

**TO REGISTER please contact:  
Region 9 Area Agency on Aging  
Kara LaMarre  
(800) 219-2273 ext. 216 or 989-358-4616**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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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 (#90AM2780).*