

Looking for Leaders!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity.

Volunteer 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

8 Hours of training and well-developed program materials are provided.



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

Classes are 2 hours each and are held twice a week for 4 weeks or once a week for 8 weeks.

*For more information or to register for this training, please contact Debbie Elliott at **309-793-6800 or delliott@wiaaa.org***

This training is provided free, with lunch included, by:
Western Illinois Area Agency on Aging 729– 34th Avenue, Rock Island, Illinois, 61201

Coaches Training

February 20th, 2024

8:30am– 4:00pm

Western Illinois Area
Agency on Aging
729– 34th Avenue
Rock Island, Ill.
61201