

Train the Trainer Workshop



A Matter of Balance Coach Training

October 24 & 25, 2019

Eastern Carolina Council Area Agency on Aging
233 Middle Street, New Bern, NC

Cost: \$75 (covers all materials, lunches and snacks)

A Matter of Balance is an evidence-based program designed to help older adults reduce their fear of falling and increase activity levels. It was developed at the Roybal Center at Boston University and is one of the highest-tier evidence based programs recognized by the U.S. Administration for Community Living and the U.S. Administration on Aging.

This “Coach Training” will prepare volunteers or agency staff to present this 8-week workshop to their clients/members. AMOB training is appropriate for senior center staff and volunteers, health department or mental health agency personnel who work with older adults, faith-based senior ministries, senior living communities and other senior-focused groups who want to encourage their older adult populations to remain as active and vital as possible in their communities.

The program is designed to benefit older adults who are:

- Concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are aged 60 or older, community-dwelling, and able to problem solve.

AMOB is a Highest-Tier Evidence-Based program for which Title III-D (Older Americans Act) funds may be utilized to pay training costs.

Please contact Andi Reese at (252) 638-3185 ext. 3015 or areese@eccog.org for more info.

Registration Deadline: September 27, 2019

