

A Matter of Balance Coach Training



WHAT'S REQUIRED TO BE A COACH?

- Willingness to lead small groups
- Good communication and interpersonal skills
- Enthusiastic and motivating – able to guide discussions
- Manage class logistics including attendance, evaluations and fees
- Willingness to coach classes at least once per year
- Ability to perform range of motion and low-level endurance exercises – ability to carry 20 lb.

WORKSHOP TOPICS INCLUDE:

- Promote a view of falls and fear of falling as controllable
- Setting realistic goals for increasing activity
- Changes to the environment to reduce fall risk factors
- Promote exercise and activities to increase strength and balance

WORKSHOP SCHEDULE

8 weeks, 1x per week, 2 hr. per session – 16 hours total OR twice a week for 4 weeks, 2 hrs. each

A Matter of Balance is an award-winning program designed for older adults to manage falls and increase activity levels. Two trained coaches guide participants through learning and activities that emphasize strategies to reduce fear of falling and increase activity levels among older adults.

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Participants show improved balance, flexibility and strength while viewing falls as controllable.

Workshops are offered through the statewide Juniper network—a centralized hub of community providers delivering evidence-based programs to help people manage chronic health conditions, improve balance and prevent falls, and foster well-being. Evidence-based programs are those that are developed and verified by researchers.

Become a Coach by attending the one-day training:

Dates

April 25, 2019
8:00 AM to 4:30 PM

Location

Arrowhead Area Agency on Aging
221 W 1st St Duluth

Register Today - Space is limited!

Visit www.arrowheadaging.org/registration
or contact Georgia Lane at 218-529-7525 or glane@ardc.org

Cost of training is \$50.

Limited scholarships are available on request.



**Arrowhead Area
Agency on Aging**