Coach Training

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

JOIN US for the Matter of Balance Coach Training

Training is held on **BOTH** days:
Tuesday, October 22, 2019 &
Wednesday, October 23, 2019

*** Registration NEEDED by October 8th ***

Please arrive early

- Light Breakfast & Lunch will be provided

Coaches will 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

Sign-Up Today!

Training Dates:
Tuesday & Wednesday
October 22 & 23, 2019

Time:
Light Breakfast 8:30am
9:00am-3:00pm
Lunch Provided

Where:
Mission Hospital
Laguna Beach
31872 Coast Highway
Laguna Beach, CA
92651
FREE – Parking in Structure

Room Location:
Executive Conference
Room 1st Floor

Visitor badge require Check-in at hospital

For more information or to register contact:

Frank Hernandez
714-480-6451
Frank.hernandez@occr.ocgov.com

OFFICE ON AGING
ORANGE COUNTY

OC health CARE AGENCY

St.JosephHealth Mission Hospital
A member of the St.Joseph Hoag Health alliance

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 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 (#90AM2780).