

A COACHES TRAINING IS COMING TO YOUR AREA! ARE YOU INTERESTED IN WORKING WITH SENIORS AND FACILITATING A SMALL GROUP?



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Criteria for Leadership:

- Good communication skills
- Enthusiasm and dependability
- Willingness to lead a small group
- Interest in working with older adults

Training Expectations:

- Attend eight hours of coach training and earn A Matter Of Balance Certification
- Attend 2.5 hours of coach training update annually
- Agree to coach two A Matter of Balance classes within one year of certification.

Classes: eight two hour sessions. Classes can be once a week for eight weeks or twice a week for four weeks. 2 coaches/10 -12 participants

**Location: East Central Illinois Area
Agency on Aging
1003 Maple Hill Road
Bloomington, IL 61705**

Training will be held in the Large
Conference room

Date: Thursday, February 25th

Time: 8:30am to 4:30pm

Lunch will be provided

**To register or for more information
Contact Marina Neufeld
Neufeld_dec@cc.dio.org
217.428.0013**

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

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A Matter of Balance Lay Leader Model

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