



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Looking for Volunteer Coaches

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. Philadelphia Corporation for Aging is looking for volunteers to help provide this program.

This program emphasizes practical strategies to manage falls.

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

After a zero session, classes are held either once a week for 8 weeks or twice a week for 4 weeks for 2 hours each.

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
- reliable internet connection and device to lead programs

Coach training is scheduled Tuesday, March 22nd, and Wednesday March 23rd, 2022 from 1:00pm to 4:45pm via ZOOM

For more information about coach training, please contact:

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

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

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