SAVE THE DATE!

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Coach Training

Wednesday, April 4-5, 2018 - 9:00 a.m. - 4:30 p.m.

Wayne County Services on Aging
2001 E. Ash St., Goldsboro, NC

Cost: $75 - includes all materials and lunch and snack both days

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. This training is appropriate for senior center staff and volunteers, health department or mental health agency personnel who work with other adults, faith-based senior ministries, senior living communities and other senior-focused groups who want to encourage their senior 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.

Please contact Andi Reese at (252) 638-3185 ext. 3015 or reply to this email if you are interested, have further questions or want a registration packet.