

# Train the Trainer Workshop



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

## **A Matter of Balance Coach Training**

October 17-18, 2018

Eastern Carolina Council Area Agency on Aging

233 Middle Street, New Bern, NC

Cost: \$75 (covers all materials, lunches and snacks)

*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. It is approved for use of Title III-D funds.

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 [areese@eccog.org](mailto:areese@eccog.org) for**

