Join us to be certified as a coach for *A Matter of Balance*– an evidence-based fall prevention program designed to help others to manage their concerns about falls and balance.

Make a difference in your community!

A MATTER OF BALANCE: COACH TRAINING

Piedmont Triad Regional Council
Area Agency on Aging

DATES September 26 and 27th, 2018
9:00 AM to 4:00PM both days

LOCATION 1398 Carrollton Crossing Drive,
Kernersville, NC 27284

COST $30 In-Region, $150 Out-Of Region
(Includes lunch and materials)

REGISTER Complete attached application, and see instructions on page 3.

Limited scholarships available for community volunteers. Contact MaryLou White at agewell@ptrc.org or 336-904-0300 for more information.

A MATTER OF BALANCE COACH APPLICATION

Matter of Balance is an evidence-based fall prevention program that is designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. Coaches work in pairs to lead the 8-session workshop in community settings such as senior centers, libraries and churches. No previous knowledge about fall prevention or exercise is necessary as all teaching is done from a detailed manual.

Full Name: _____

Mailing Address: _____

_____

Phone: _____

Email: _____

Are you: Staff member? _____ Community Volunteer? _____

Why are you interested in becoming a coach for the A Matter of Balance Program?

_____

_____

_____

Please describe any experience facilitating or leading a group of adults.

_____

_____

Which counties are you willing to travel to for workshops:

Alamance? ___ Caswell? ___ Davidson? ___ Davie? ___

Forsyth? ___ Guilford? ___ Montgomery? ___ Randolph? ___

Rockingham? ___ Stokes? ___ Surry? ___ Yadkin? ___

Note: Community volunteer coaches may qualify to receive an honorarium and mileage reimbursement depending on distance travel. Senior center staff may be eligible for a hosting fee. Please contact PTRC AAA (336-904-0300) or agewell@ptrc.org for more information.

I agree to teach two entire A Matter of Balance workshops within 12 months. I will teach in strict accordance with the course as written in the Coaches Manual, and as taught to me at the coach training. I will attend both days of the coach training and an update training annually.

_____ _____

Signature Date

Please return application to MaryLou White by email or mail:
agewell@ptrc.org
1398 Carrollton Crossing Drive, Kernersville, NC 27284

Once application is approved, payment instructions will be sent to you.

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