

A Matter of Balance COACH Leader Certification Training

Western Piedmont Council of Governments
1880 2nd Ave. NW
Hickory, NC 28601

Join the Western Piedmont Area Agency on Aging to be certified as a coach for **A Matter of Balance—Managing Concerns About Falls**, an evidenced-based program taught over 8 sessions and designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.



MANAGING CONCERNS ABOUT FALLS

TRAINING DATES: January 29th & 30th 9:00—1:00

What are the requirements to become A Matter of Balance Coach?

- Good communication and interpersonal skills
- Enthusiasm
- Dependability
- Willingness to lead a small group
- Interest in working with older adults
- Life experiences valued - with education ,fitness health care experience a plus
- Ability to perform range of motion and low-level endurance exercises
- Ability to carry up to 20 lbs
- Willingness to teach classes by following approved Coach's Manual
- Willingness to work with a partner to teach classes
- Attend 2 day training

Training is **FREE** if you are leading workshops in the Western Piedmont Region and \$150 if you are outside the region. This includes: manuals, books, snacks and supplies.

*Contact Sarah Stamey to register at
828-485-4216 or
sarah.stamey@wpcog.org*

Registration Deadline is January 10th



Area Agency on Aging

