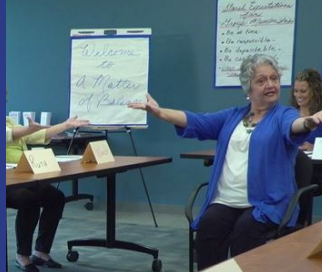
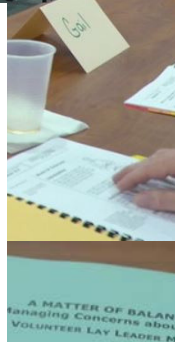


Join us to be certified as a coach for the fall prevention course *A Matter of Balance*— an evidence-based program designed to help others to manage their concerns about falls and balance.



*Make a difference in your community!*

# A MATTER OF BALANCE: COACH TRAINING



## DATES

September 26 and 27th, 2019  
9am to 4pm both days

## LOCATION

Piedmont Triad Regional Council  
1398 Carrollton Crossing Drive,  
Kernersville, NC 27284

## COST

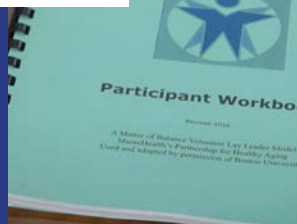
\$30 In-Region, \$150 Out-of- Region  
(Includes lunch and materials)

## REGISTER

Complete attached application, and send to MaryLou White at [agewell@ptrc.org](mailto:agewell@ptrc.org) or by mail to address above.

Registration closes on **Sept 19th**.

*Limited scholarships available for community volunteers. For more information, contact MaryLou White at 336-904-0300.*



# A MATTER OF BALANCE COACH APPLICATION - SEPT 26 & 27



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 medical background or exercise/fitness experience is necessary.

Full Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Are you:                      Staff                      Community  
                                 member? \_\_\_\_\_                      Volunteer? \_\_\_\_\_

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

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

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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](mailto: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.

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Signature

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Date

Please return application to MaryLou White by email or mail:  
[agewell@ptrc.org](mailto:agewell@ptrc.org)

1398 Carrollton Crossing Drive, Kernersville, NC 27284

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

**Refund Policy:** Cancellations will occur a 5% administration fee.

