



A Matter of Balance Coach Training
Area Agency on Aging of Western Michigan
3215 Eaglecrest Drive NE
Grand Rapids, MI 49525
Date: Thursday: April 20 and Friday April 21, 2023 9am – 3 pm
Lunch will be provided
Cost: Free

What is Matter of Balance?

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity.

A Matter of Balance: Managing Concerns About Falls is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

Volunteers are needed to help us offer this program! A Matter of Balance coach will help participants become more confident about managing falls by believing that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. In addition, participants report that they have increased the amount they exercise on a regular basis.

A Matter of Balance coaches need good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise. Coaches need not be healthcare professionals, and in fact, lay leaders are preferred. This training will provide you with the tools and resources you need to be a coach!

Area Agency on Agency is offering this free training for volunteers who are interested in becoming coaches. **A Matter of Balance requires two trained coaches lead the workshop, so we encourage people to attend with a partner.** If you are interested in attending the free training, please contact Jillian Ahumada 616.588.2580 or email healthyaging@aaawm.org by April 6, 2023. The training is limited to 16 participants, so you may want to register early.