



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance Coach Two-Day Training 2018

A Matter of Balance is a proven, award winning program designed to help people manage concerns about falls and increase their physical activity.

This two-day interactive workshop will provide prospective coaches with the tools necessary to empower persons who have a fear falling or history of falls to become more confident, make changes to reduce falls, and increase their activity level, strength, and balance.

Do you have what it takes to be a coach?

- Good communication and interpersonal skills
- Enthusiasm, dependability, and a willingness to lead small groups of older adults
- Ability to lead low to moderate level exercise

The training is free. Coach's manual is provided. Space is limited, so register today!

When: Friday October 19th and October 26, 2018

Time: 8:00 AM to 12:00 PM

**Where: Forest Hill Activity Center
7004 Forest Hill Drive
Forest Hill, Texas 76140**

To register contact Tina Dawson 817-413-4949 ext 217 or tdawson@sixtyandbetter.org

