



MANAGING CONCERNS ABOUT FALLS



Looking for Volunteer Coaches

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance workshop is a proven program designed to help people manage concerns about fall and increase physical activity. Kalamazoo County Area Agency on Aging is looking for volunteers to help provide this program. **Stipends may be available – call for details.**

Help Take a Stand against a Fall!

A Matter of Balance Workshop emphasizes practical strategies to reduce fear of falls and manage falls if they occur.

Participants learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength

Classes are held once a week for 8 weeks for 2 hours each.

You can make a difference!

New Coach Training

Wednesday & Thursday

March 29th & March 30th

8:30 AM to 12:30PM

Health & Community Services Building

3299 Gull Road, Kalamazoo, MI 49048

Register: (269) 373-5224

Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.

What do you need 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

Commitment to coach 2 workshops per year

For more information, please contact:
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