

# Volunteer Coaches Needed



## Do you know someone who has fallen or is afraid of falling?

A Matter of Balance is a proven program designed to help people manage concerns about falls and increase their physical activity. The Area Agency on Aging of North Central Texas is looking for volunteers to help bring this program to others in need.

### Free Coach Training Classes Are Forming Now.

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 a willingness to lead small groups of older adults
- Ability to lead low to moderate level exercise



#### **A Matter of Balance: Managing Concerns About Falls**

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**A Matter of Balance Lay Leader Model** *Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780*

To donate your time or ask for additional information: Volunteer Hotline at [volunteers@nctcog.org](mailto:volunteers@nctcog.org) or (817) 704-2541 [http://www.nctcog.org/cs/aging/volunteer\\_info/volunteer.asp](http://www.nctcog.org/cs/aging/volunteer_info/volunteer.asp)