

VOLUNTEER LEADERS NEEDED



A Matter of Balance is a proven, award winning 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 in Denton County** to help bring this program to County residents.

Coaches help participants become more confident about managing falls, identify ways to reduce falls, and lead exercises that 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



Funded in part by Texas Health and Human Services Commission. A program of the North Central Texas Council of Governments.



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).

Training is free; however, space is limited!

February 19th and 26th, 2020
(*Must attend both Wednesdays to be certified*)

10:00 A.M. TO 4:00 P.M.

Lunch Break: 12:30 am – 1:30 pm (on your own)

Location: The Center for Women, Trinity Room,
Texas Health Presbyterian Hospital,
207 North Bonnie Brae, Denton 76201

To register or ask for additional information, please contact **Kim Mathis** at kmathis@nctcog.org or (940) 999-1024.