A Matter of Balance is a proven, award winning program designed to help people manage concerns about falls and increase their physical activity levels. Community County of Greater Dallas and North Central Texas Area Agency on Aging are seeking volunteer coaches to help bring this program to your community.

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

Virtual Training is free; however, space is limited!

Wednesday and Thursday
Aug 10th and Aug 11th, 2022
(must attend both days)
9:00 am - 1:30 pm

Location: Online, via Zoom

You will receive the Zoom link and training materials once you complete the registration process.

To register or get additional information,
Please contact Kim Mathis kmathis@nctcog.org, (940) 999-1024 or Candice Sharp csharp@ccadvance.org, 214-954-4215

Funded in part by Texas Health and Human Services Commission.