

VOLUNTEER COACHES NEEDED



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.

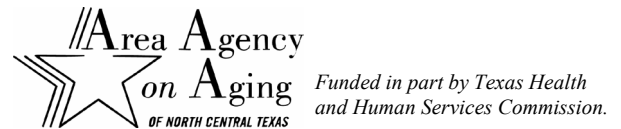
Coaches help participants become more confident about managing falls, identify ways to reduce falls, and learn exercises that build strength and balance.

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



Community Council 
Moving families forward, leaving poverty behind.



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).

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