



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Consider Becoming a Matter of Balance Coach!

**A MATTER OF BALANCE is an award-winning evidence-based program
that emphasizes practical strategies to manage falls**



WHO CAN YOU HELP BY BECOMING A COACH?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

LEARN HOW TO HELP PARTICIPANTS

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

COACHES TRAINING

May 24th, 2023
9 a.m. to 3 p.m.

Generations
1019 N 4th St
Vincennes, IN 47591
Room 320

**This is a FREE training
with lunch on your own**

To register, contact Alma Kramer at (812) 888-4527 or by email at akramer@vinu.edu

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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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.
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