

# VOLUNTEER OPPORTUNITY



## **A Matter of Balance Coach Training**

Area Agency on Aging of Western Michigan

3215 Eaglecrest Drive NE

Grand Rapids, MI 49525

**Dates: Thursday: April 11 and Friday April 12, 2024 9am – 3 pm**

Lunch will be provided

**Cost: Free**

### **What is Matter of Balance?**

We know that one out of three older adults fall each year and that 60% have fears about falling. A Matter of Balance is a proven program designed to help people manage those concerns about falls and feel more confident in their abilities to stay active and independent.

A Matter of Balance: Managing Concerns About Falls is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

**Volunteers are needed to help us offer this program!** A Matter of Balance coach will help participants become more confident about managing falls by believing that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. This training will provide you with the tools and resources you need to be a coach!

### **Ideal Volunteers:**

- Are enthusiastic about helping older adults be more active,
- Are comfortable leading groups,
- Have good communication skills
- And are able to lead exercises by example!
- Coaches need not be healthcare professionals, in fact, lay leaders are preferred.

Area Agency on Agency is offering this free training for volunteers who are interested in becoming coaches. **A Matter of Balance requires two trained coaches lead the workshop, so we encourage people to attend with a partner.** If you are interested in attending the free training, please contact Jillian Ahumada 616.588.2580 or email [healthyaging@aaawm.org](mailto:healthyaging@aaawm.org) by March 21, 2024. The training is limited to 16 participants, so you may want to register early.