

Become a coach

Equipping seniors to stay on their feet!

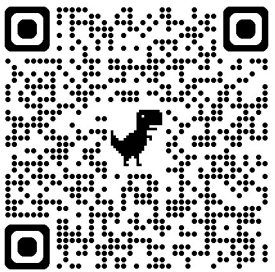


August 28-29, 2025

9:00 AM - 1:00 PM (both days)

Spring Lake Library

101 Laketree Blvd, Spring Lake, NC 28390



Did you know falls are the leading cause of injuries for adults over 65?

Make a difference by joining our A Matter of Balance Coach Training!

Get trained for **free!**



Call:

910-323-4191 ext.40

or go to

<https://forms.gle/CtsZui4ah5uhK5Nq8>

Pairs of Coaches help older adults:

- Build confidence in managing falls
- Recognize and reduce fall risks
- Strengthen their balance and mobility with simple exercises

What do you need to be a coach?

- Good communication skills
- Enthusiasm for helping others
- Ability to lead low-to-moderate exercises
- Willingness & dependability to work with another coach in leading small groups of older adults