



A MATTER OF BALANCE



**MID-CAROLINA
REGIONAL COUNCIL**

Creative Regional Solutions



FREE TRAINING

Looking for Volunteer Coaches



Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase 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

DATE:
October 2-3, 2024
9AM -1PM

TO REGISTER:
call 910-323-4191 ext. 40
or email
lgough@mccog.org

LOCATION:

**Department of Public Health
2nd Floor Conference Room,
1235 Ramsey St,
Fayetteville, NC 28301**

This program emphasizes practical strategies to manage falls

Participants learn to:
view falls as controllable
set goals for increasing activity
make changes to reduce fall risks at home
exercise to increase strength and balance

Classes are held twice a week for 4 weeks for 2 hours each.