



# 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](mailto: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.