



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



Maintain
independence
& mobility



Prevent
falls



Improve
coordination &
flexibility

Free Coach Training!

Chances are, you know someone who has fallen or who is afraid of falling.
A Matter of Balance is an evidence-based program designed to help people
manage concerns about falls and increase physical activity.

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.

Train to be a coach if you

- have 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

Friday, Nov. 18 8:30 am-3 pm

Tom Ridge Environmental Center, 301 Peninsula Dr, Erie, PA

Register by Nov. 14

**For more information about our free coach training,
call 814-451-6700**



**Erie County
Department
of Health**