



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

MATTER OF BALANCE COACHES WANTED:

TRAINING TO BECOME A MATTER OF BALANCE COACH IS AVAILABLE SOON

Would you like to help Older Adults reduce their fear of falling and learn how to lessen the likelihood of a fall in the future? We are looking for individuals who have a passion for helping the Island's Older Adult community. We plan to train an additional small number of volunteer coaches who will be able to co-teach an in-person class of about 15 Older Adults. The course you will be trained to give is called "Matter of Balance," the curriculum for which is licensed by Healthy Aging MV. You will work with HAMV to identify an 8-week period that works with your schedule during this year, then teach a 2-hr in-person class each week for 8 weeks.

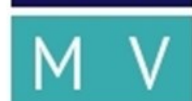
In order to become a coach, you will need to attend training - 2 four hour in-person sessions and then you will have a Mentor support your coaching experience. We plan on offering this training in late February. For more information and to register for this upcoming training session, contact Cindy Trish at ctrish@hamv.org (508)693-7900 ext 455.

A Matter of Balance is an award winning evidence-based program designed to reduce fear of falling and improve activity levels in older adults.

The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce fear of falling by learning to view falls as controllable, setting goals for increasing activity, making small changes to reduce fall risks at home, and exercise to increase strength and balance.



HEALTHY AGING



MARTHA'S VINEYARD

Making Martha's Vineyard an Aging-Friendly Island