



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Falls Prevention Education Coach Training

After completing A Matter of Balance:

- 97% of participants are more comfortable talking about fear of falling
- 97% feel comfortable increasing activity
- 99% plan to continue exercising
- 98% would recommend MOB

If you have:

- Experience and interest in working with older adults
- Knowledge about the special needs of older adults
- Good communication and interpersonal skills
- Experience with group process and facilitation
- Comfort with teaching, leading group discussion and role play

You are an excellent candidate for training!

For more information or to register contact
Amy Nahley at 740-374-2782 x 3305 or anahley@wcgov.org or
Barb Felton at 740-374-1799 or bfelton@mhsystem.org

There is no cost for this training. Leader Trainees must agree to schedule and implement two Matter of Balance workshop series within the first 12 months after completing their training.



MEMORIAL
HEALTH SYSTEM

*This training is made possible by a partnership between the
Washington County Health Department, the Memorial Health System and Buckeye Hills Regional Council.*