

LOOKING FOR VOLUNTEER COACHES



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Chances are you know someone who has fallen or who is afraid of falling. **A MATTER OF BALANCE** is a proven program designed to help people manage concerns about falls and increase physical activity. The Duxbury Senior Center is hosting a training to help provide this program

This program emphasizes practical strategies to manage falls.

YOU WILL 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

WHAT 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 exercises



10 Mayflower Street
Duxbury, MA

LEADER TRAINING

will be held on
March 1st and March 2nd from
12:00-4:00 PM

For more information or to register call **Joanne Moore** 781-934-5774 x 102 or **Pauline Flynn** 781-934-5774 x 112