

BECOME A VOLUNTEER COACH FOR AN AWARD WINNING PROGRAM!



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

A Matter of Balance: Managing Concerns About Falls is a series of eight (8), two-hour workshops that are designed to help older adults manage falls and increase activity levels and confidence. Volunteer Coaches co-facilitate a minimum of two courses per year.

FREE COACH TRAINING

Includes Lunch and Coach Manual

Fridays, April 19 & 26, 2013

9:30 a.m. – 3:30 p.m.

(you must attend both days)

Sussex County Administrative Center
One Spring Street, 2nd Floor Conference Room
Newton, NJ 07860

As a co-leader, you will help participants:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Registration Form

Name: _____ Phone: _____

Address: _____ Email: _____

Return to: **Sussex County Department of Human Services**
Division of Senior Services, One Spring Street, Newton, NJ 07860
973-579-0555 ext. 1285 973-579-0550 (fax) seniorservices@sussex.nj.us