

# BECOME A COACH!

Empower Older Adults To Prevent Falls



## “A MATTER OF BALANCE” COACH TRAINING

**Did you know falls are the leading cause of injuries for adults over 65?** Make a difference by joining our *A Matter of Balance* Coach Training!

### Coaches help older adults:

- Build confidence in managing falls
- Recognize and reduce fall risks
- Strengthen their balance and mobility with simple exercises

### What do you need to be a coach?

- Good communication skills
- Enthusiasm for helping others
- Ability to lead low-to-moderate exercises
- Willingness & dependability to work with another coach in leading small groups of older adults



## READY TO JOIN?

Register by February 17, 2025, to secure your spot!



**February 20-21, 2025\***

\*Both days required to complete the course.



**9 AM - 3 PM**



**Mission Hospital  
Conference Center**

**1st Floor Classroom - C**

26726 Crown Valley Pkwy.  
Mission Viejo, CA 92691

(Directions sent upon registration)



For questions or to register,  
contact Frank Hernandez at

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**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006** This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model** Recognized for Innovation and Quality in Healthcare and Aging. 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780)

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