

COACHES WANTED!



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. Erie County Department of Senior Services is looking for volunteers to help provide this program.

The program is conducted by 2 coaches that lead 8 two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise.

To be a coach you must have: good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise.

FREE COACH TRAINING WILL BE HELD:

at the Hamburg United Methodist Church

116 Union St. Hamburg NY 14075

Tuesday 1/30/18 from Noon–5:00pm **and**

Friday 2/2/18 from Noon–5:00pm

***Must attend both days!**

Contact Jordan Weixlmann for more information:

716-858-8081

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♦ Change lives.

♦ Make a difference.

Be a part of an expanding
program!