

COACHES NEEDED

to help make your community better



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

Free Coaches Training – Limited Seating

This program emphasizes practical strategies to manage falls.

YOU WILL TEACH HOW TO:

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

WHO WILL HELP:

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

LOCATION:
VINCENNES UNIVERSITY
Young Building, Room 305

Wednesday, July 24th, 2019

9 a.m. –3 p.m.

**First class to observe will be
September 2019**

**RSVP by July 22 to Alma
Kramer**

akramer@vinu.edu

1-812-888-4527

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
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A Matter of Balance Lay Leader Model
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