



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Looking for Volunteer Coaches

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 Allentown Health Bureau is looking for volunteers to help provide this program.

This program emphasizes practical strategies to manage falls.

Participants 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

Classes are held twice a week for 4 weeks for 2 hours each.

Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.

What do 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 exercise

For more information please contact:

ALLENTOWN HEALTH BUREAU

INJURY PREVENTION

610-437-7598