



**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. Polk County Health Department 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.**

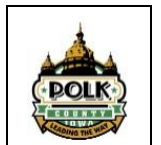
**What do you need to be a coach?**

- 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

**Matter of Balance Coach Training (two parts)  
Tuesday, August 31, 2010 & Wednesday, September 1, 2010  
8:30 a.m.-12:30 p.m.  
Polk County Senior Services  
1914 Carpenter Avenue, Room "B", Des Moines, IA 50314**

**For more information, please contact:**

**Jessica Sheets, Asst. Program Coordinator @ 515-323-5234 or  
[jessica.sheets@polkcountyiowa.gov](mailto:jessica.sheets@polkcountyiowa.gov)**



***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).*