



MANAGING CONCERNS ABOUT FALLS

# A Matter of Balance Volunteer Coach Training

Sign up today to attend a **FREE** 1-day A Matter of Balance Coach Training.

*Friday August 18, 2017 8:00 am – 5:00 pm with a working lunch (lunch provided)  
Resource Connection Welcome Center 1100 Circle Drive Fort Worth, TX 76119 Conference  
Room*

A Matter of Balance is a nationally recognized, evidence based fall prevention program for older adults. The program helps people manage concerns about falls and increase physical activity.

- ▶ Are you motivated, enthusiastic, and dependable?
- ▶ Do you want to give back to your community?
- ▶ You do not have to be a healthcare professional
- ▶ Must be able to attend the full 8 hour training
- ▶ A Matter of Balance workshops are facilitated by 2 trained coaches twice a week for 4 weeks or once a week for 8 weeks.
- ▶ Workshops are two-hour sessions.



Please register by **Friday August 11, 2017** by contacting **Cynthia Franklin**,  
[clfranklin@tarrantcounty.com](mailto:clfranklin@tarrantcounty.com) or **817-370-4530 ext. 0352**

