

Join us to be certified as a coach for *A Matter of Balance*— an evidence-based fall prevention program designed to help others to manage their concerns about falls and balance.

*Make a difference in your community!*

# A MATTER OF BALANCE: COACH TRAINING



PIEDMONT TRIAD REGIONAL COUNCIL  
AREA AGENCY ON AGING

## DATES

September 26 and 27th, 2018  
9:00 AM to 4:00PM both days

## LOCATION

1398 Carrollton Crossing Drive,  
Kernersville, NC 27284

## COST

\$30 In-Region, \$150 Out-Of Region  
(Includes lunch and materials)

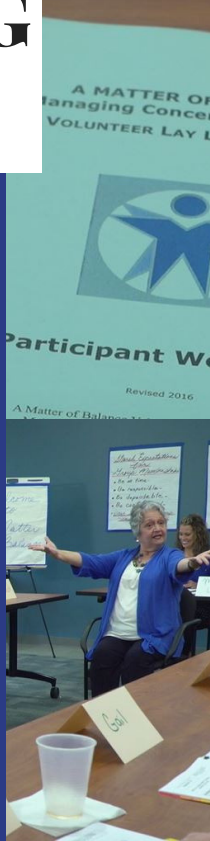
## REGISTER

Complete attached application, and  
see instructions on page 3.

*Limited scholarships available for community volunteers.*

Contact MaryLou White at [agewell@ptrc.org](mailto:agewell@ptrc.org) or

336-904-0300 for more information.



# A MATTER OF BALANCE COACH APPLICATION

Matter of Balance is an evidence-based fall prevention program that is designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. Coaches work in pairs to lead the 8-session workshop in community settings such as senior centers, libraries and churches. No previous knowledge about fall prevention or exercise is necessary as all teaching is done from a detailed manual.

Full Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Are you:                      Staff                      Community  
                                 member? \_\_\_\_\_ Volunteer? \_\_\_\_\_

Why are you interested in becoming a coach for the A Matter of Balance Program?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please describe any experience facilitating or leading a group of adults.

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Which counties are you willing to travel to for workshops:

Alamance? \_\_\_ Caswell? \_\_\_ Davidson? \_\_\_ Davie? \_\_\_

Forsyth? \_\_\_ Guilford? \_\_\_ Montgomery? \_\_\_ Randolph? \_\_\_

Rockingham? \_\_\_ Stokes? \_\_\_ Surry? \_\_\_ Yadkin? \_\_\_

Note: Community volunteer coaches may qualify to receive an honorarium and mileage reimbursement depending on distance travel. Senior center staff may be eligible for a hosting fee. Please contact PTRC AAA (336-904-0300) or [agewell@ptrc.org](mailto:agewell@ptrc.org) for more information.



I agree to teach two entire A Matter of Balance workshops within 12 months.

I will teach in strict accordance with the course as written in the Coaches Manual, and as taught to me at the coach training. I will attend both days of the coach training and an update training annually.

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**Signature**

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**Date**

Please return application to MaryLou White by email or mail:

[agewell@ptrc.org](mailto:agewell@ptrc.org)

1398 Carrollton Crossing Drive, Kernersville, NC 27284

Once application is approved, payment instructions will be sent to you.