

A MATTER OF BALANCE COACH APPLICATION - SEPT 26 & 27



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 medical background or exercise/fitness experience is necessary.

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.

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 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.

Signature

Date

Please return application to MaryLou White by email or mail:
agewell@ptrc.org

1398 Carrollton Crossing Drive, Kernersville, NC 27284

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

Refund Policy: Cancellations will occur a 5% administration fee.



PIEDMONT TRIAD REGIONAL COUNCIL
AREA AGENCY ON AGING



A MATTER OF
BALANCE
HANKING CONCERNS ABOUT FALLS