



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS



## **FREE MATTER OF BALANCE COACH TRAINING**

**Do you know, or work with 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.**

**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

### **As a coach, you will learn how to guide your participants to:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### **SPRING/SUMMER 2019 TRAININGS\***

#### **KAUA'I**

District Health Office Conference Rm  
April 26, 2019; 8:30a-4:30pm

#### **O'AHU**

University of Hawai'i at Mānoa  
May 5, 2019; 8:30a-4:30p

#### **HILO**

Hawaii Innovation Center  
May 15, 2019; 8:30a-4:30p

#### **MOLOKAI**

OHA/DHHL Conference Rm  
June 28, 2019; 8:30a-4:30p

#### **MAUI**

To be announced

\*Funded by the Hawai'i State Department of Health

Visit website to register: <https://mob.omniworkshawaii.com>

For more info, please contact: Phoebe Hwang at [phoebe808@gmail.com](mailto:phoebe808@gmail.com)