

Become A
Class Leader



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Help Others Concerned About Falling

Many older adults experience concerns about falling and restrict their activities.

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Please Join Us For A

One Day Leader Training!

Date: Wednesday, April 27th

Times: 9:00 AM – 5:00 PM

Place: Joint Operations Facility
248 25th Ave NE
Thief River Falls MN

There is no cost for this training.

Registration Information

Complete Registration Form – email back to
amy@nwrdc.org

Registration Deadline – Friday, April 22nd

Questions? call Amy at (218) 234-3906

This program emphasizes practical strategies to manage falls.

Leader Training Will Prepare You to:

- Co-Teach & promote exercise to increase strength & balance
- Assist seniors in changing their environment to reduce fall risk factors

Matter of Balance Class Leaders Will:

- Co-lead workshops with another certified instructor. See back for more information.

Is Being a Leader Right for You?

- **Qualifications**
 - Passionate about helping people
 - Comfortable with public speaking
 - Committed to presenting the workshop strictly as described in the leader's manual.



Dancing Sky
Area Agency on Aging

A Matter of Balance is designed to help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

Certified instructors co-lead this eight-week workshops that meets one time per week for two hours.



Everyone Benefits, Including You!

- Help people prevent falls, reduce the risk of falling and stay active
- Hone your skills in managing your own health and wellness.
- Meet others in your community.
- Help to make a better, healthier community.



Leader Expectations

Lead at least one workshop per year

Present workshop according to the program fidelity guidelines.

Must use two trained leaders to conduct a workshop.

Have fun!

***Register to Become a
Leader Today!***