



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

P R E S S R E L E A S E

Media Advisory

For Immediate Release

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VOLUNTEER COACHES NEEDED TO HELP SENIORS REDUCE FALLS

Lake County, Ohio– Chances are you know 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. The Lake County General Health District is looking for volunteers to help provide this program.

A Matter of Balance: Managing Concerns About Falls is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

A Matter of Balance coaches help participants become more confident about managing falls by believing that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. In addition, participants report that they have increased the amount they exercise on a regular basis.

A Matter of Balance coaches need good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise.

There are twelve seats available for the upcoming coach training on February 10 and 12, 2009 from 9 a.m. to 1 p.m., both days at the Lake County General Health District. If you would like to attend the training or want more information, please contact Tori Luyster, A Matter of Balance Master Trainer, at (440) 350-2442 or at vluyster@lcghd.org.

A Matter of Balance: Managing Concerns About Falls

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).