

JOIN US IN MAKING A DIFFERENCE!

Chances are you know someone who has fallen or who is afraid of falling.

A Matter of Balance (MOB) is a proven program designed to help people manage concerns about falls and increase physical activity.

Washington Metro Oasis (WMO) is recruiting coaches to help provide this program.

MOB coaches help older adults 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.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

WHY COACH?

By becoming a coach for A Matter of Balance, you can make a direct impact on our senior community's safety and well-being. Coaches receive comprehensive training and certification, equipping them with the skills to lead the program effectively. A per-program stipend is available.

COACH REQUIREMENTS:

- **Skills:** Good communication and interpersonal skills
- **Passion:** An authentic interest in working with older adults
- **Commitment:** Enthusiasm and dependability
- **Responsibilities:** Facilitate small group discussions and lead low-intensity classes

COMMITMENT:

- **Training:** 8 hours initially plus 2.5 hours annually
- **Coaching:** Lead two programs within 12 months of training
- **Session Details:** Each program consists of 8 sessions, 2 hours each, co-led by two volunteers

REGISTRATION REQUIRED!

If you would like to become a coach or need more information, please contact Anna Stokes at (240) 800-3740 or astoke12@jh.edu

Training Date and Location:

Tuesday Aug. 20, 9am – 5pm
Washington Metro Oasis, Macy's Home Store, Westfield Montgomery Mall

Learn more about Matter of Balance
www.amatterofbalance.org

Learn more about Washington Metro Oasis
<https://washington-metro.oasisnet.org/>



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