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.

Becoming a Master Trainer by attending a two-day training session will provide you with information and materials to offer A Matter of Balance in your community. As a result of the training, you will become a Master Trainer site and be able to:

- Recruit and train coaches to lead A Matter of Balance class
- Coordinate the program in your community
- Market the program to older adults
- Evaluate outcomes via pre & post surveys

About the Community Class

A Matter of Balance Class consists of 8 two hour sessions with 8-12 participants in a class

Who should attend?
- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

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

For information about opportunities to become a Master Trainer site visit:

[www.mainehealth.org/MOB](http://www.mainehealth.org/MOB)