



Naugatuck Valley Health District

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Press Release

NVHD to host Coach Training for Matter of Balance

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. Naugatuck Valley 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. It takes two coaches to teach a Matter of Balance class.

Are you interested in becoming a coach and teaching residents in your organization? NVHD will be hosting a Matter of Balance coach training **Monday, March 23rd from 9am-3pm and Wednesday, March 25th 9am-12pm**. Both days are mandatory. All class materials, breakfast and lunch will be included.

Registration is required! If you would like to attend or want more information, please contact Carissa Caserta, Master Trainer, at (203) 881-3255 x104 or register at:

<https://www.surveymonkey.com/r/MOB-CoachTraining>.

