



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

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. Northland Shepherd's Center is looking for volunteers to help provide this program.

BECOME A COACH FOR M.O.B.!

MATTER OF BALANCE COACH TRAINING

DATE: TUESDAY, OCTOBER 1 AND THURSDAY, OCTOBER 3, 2019

TIME: 8:00 AM TO 12:00 NOON

LOCATION: NORTHLAND SHEPHERD'S CENTER

5601 NE ANTIOCH RD, SUITE 12, KCMO 64119

REGISTRATION REQUIRED BY CALLING 816.452.4536

WE ENCOURAGE YOU TO BECOME A FACILITATOR WHO POSITIVELY IMPACTS THE WELL-BEING AND QUALITY OF LIFE FOR SENIORS STRUGGLING WITH BALANCE ISSUES AND FEAR OF FALLING. YOU CAN BE A GAME CHANGER IN THE LIFE OF SOMEONE WHO HAS WRONGLY BELIEVED THAT HER BEST YEARS ARE ALL BEHIND HER. MAYBE SOMEBODY CLOSE TO YOU!

You will be trained on how to facilitate (with another coach) a 6-week course, that will meet once a week for 2 ½ hours each that will instruct seniors on:

- Conducting a safety assessment of their home.
- Using Assertiveness to stay safe.
- Exercise that improves balance.
- Much more.

More information contact Lois @ Lois@northlandsc.org or call the Northland Shepherd's Center office @ 816-452-4536



Northland Shepherd's Center
Helping Seniors Thrive