

# Engaging Easy to Learn Rewarding

## BE A VOLUNTEER COACH! MATTER OF BALANCE FALL PREVENTION PROGRAM

A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS



**COMPLICATIONS  
RESULTING FROM FALLS IS  
A LEADING CAUSE OF  
DEATH FOR OLDER ADULTS.**

### IF YOU HAVE:

The ability to lead low to moderate exercise  
Good communication & interpersonal skills  
Enthusiasm & ability to lead small groups of older adults

### WE NEED YOU!

Classes held in Mobile, Baldwin & Escambia Counties, one day per week for 8, 2-hour sessions.

Curriculum includes group discussion, problem solving strategies, videos and gentle physical exercise. **Training is provided.**

**REACH OUT TO US:  
MARCELLA NETTLES  
MNETTLES@SARPC.ORG  
251.706.4663**



Matter of Balance helps older adults overcome their fear of falls and increase physical activity levels.

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