



# Help People Manage Concerns about Falling

We need *you* for **A Matter of Balance!**

*“Seeing the participants bond and learn from each other is what keeps me going” - veteran coach*

## If you:

- Want to help older adults
- Are dependable
- Have good communication & interpersonal skills
- Are looking for a new volunteer opportunity
- Can attend a two-day training session
- Can perform range of motion & low-level endurance exercises
- Can commit to leading two eight-session workshops within a year after training

**Then, join us for this training opportunity!**

## ***A Matter of Balance Coach Training***

**Lake County General Health District  
5966 Heisley Rd., Mentor**

Friday, August 25th 8:30 am - 3:00 pm

Saturday, August 26th 9:00 am - 2:00 pm

**Sign up today!**

**(440) 350-2442**

**cbevan@lcghd.org**



**Lake County  
General Health District**  
**Public Health**  
Prevent. Promote. Protect.



**Western Reserve  
Area Agency on Aging**

**Fairhill**  
partners

**RSVP**



*Define your next chapter*

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