



***Interested in helping older adults stay active***

**Prince William Area Agency on Aging is looking for Volunteer Coaches**

Help lead 16-hour evidence-based **A Matter of Balance Workshop**. This award winning program is designed for adults 60 and older learn to manage concerns about falls, improve self-efficacy, problem solve, help identify ways to reduce falls, and learn exercises to help increase strength and balance.

**Coaches must:**

- Complete 8 hours of training
- Complete an additional 4 hours of training to lead virtual community classes
- Complete 2 workshops within 12 months of finishing the training
- Complete 2.5 hours of update training annually

**Coach Requirements**

- Good communication and interpersonal skills
- Enthusiasm and dependability
- Willingness to lead small group
- Interest in working with older adults
- Life experience valued, education or health care experience a plus
- Ability to perform range of motion and low-level endurance exercises
- Ability to carry up to 20lbs.
- Must be able to commit 16-20 hours to lead workshop 2 hours twice a week for 4 weeks or 2 hours a week once a week for 8 weeks.

**Next A Matter of Balance Coach Training**  
**Wednesday & Thursday August 16th & 17th, 2023 9:00am-1:00pm**  
**McCoart Building Cedar Run Conference Room**  
**1 County Complex Ct**  
**Woodbridge, VA 22192**

**For Information Contact:**

**Kathleen Wiley**  
**Evidence Based Programs Coordinator**  
**Area Agency on Aging**  
**571-241-3925**