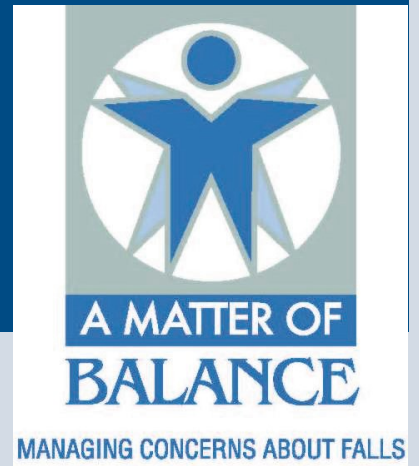


# FREE MOB Coach Training

February 12, 2019 9:00am-6:00pm

Central Ohio Area Agency on Aging

3776 South High Street Columbus 43207



## A MATTER OF BALANCE COACH TRAINING

COAAA is offering FREE Coach training on the evidence-based falls management program, A Matter of Balance (MOB).

### *About the Matter of Balance workshop for older adult participants*

MOB is a proven program designed to help people manage the fear of falling and increase their physical activity. It's a great option for those who are not currently physically active, who want to be active and don't know where to start. The workshop series helps participants set goals for increasing activity, making changes to reduce fall risks and making better choices regarding fall prevention.

In sessions held once a week for 8 weeks, certified coaches help participants to:

- become more confident about managing falls and overcoming the fear of falling
- identify ways to become more physically active
- learn exercises that increase strength and balance

### *About this Coach Training for YOU as a potential Coach facilitator*

Prospective lay coaches must attend the training with a partner who will co-facilitate MOB workshops with them. A practice teach assignment will be sent prior to training. The commitment is to provide this workshop twice the first year and yearly after that.

#### *What you need to become a coach:*

- a partner to co-facilitate workshops
- funding to provide workshop materials
- good communication & interpersonal skills
- ability to lead low to moderate level exercise
- ability to maintain fidelity to the program

#### *What you will receive:*

- certification as a MOB Coach
- Coach manual
- On-going support from your Master Trainer
- Light refreshments at the training



### **Registration is required and space is LIMITED!**

To register for this free training, contact Jane Acri at COAAA:

614-645-3866; 1-800-589-7277 or [Jacri@coaaa.org](mailto:Jacri@coaaa.org)

Registration deadline February 1st

Completion of the coach screening application is required to attend; application will be sent upon inquiry or found at [www.coaaa.org](http://www.coaaa.org)

**FREE... training ■ parking ■ materials**