

Central MN Council on Aging will be offering

A Matter of Balance Leader Training

Matter of Balance is an evidence-based workshop conducted over eight sessions, meeting weekly or twice weekly for two hours per session emphasizing practical coping strategies to reduce the fear of falling. These include:

- Promoting a view of falls and fear of falling as controllable
- Setting realistic goals for increasing activity
- Changing the environment to reduce fall risk factors
- Promoting exercise to increase strength and balance.

Participants demonstrate significant improvements after completing MOB in their level of falls management, falls control, level of exercise and social limitations with regard to concerns about falling.

A Matter of Balance (MOB) workshop **requires** 2 trained leaders for each workshop. CMCOA encourages partners offering MOB workshops to train multiple leaders.

A Matter of Balance Leader training

April 14 and 15, 9am to 3:30 pm Room 123

Red Cross Building

1301 W St Germain St

St Cloud MN

This training will be at no cost to potential leaders, lunch and snacks are included.

Starter kits (charts, markers participant manuals etc.) will be included for new partners

To be certified, all leaders must attend both days of training.

For more information or to register please contact:

Mary Hertel or Jon Knopik at 320-253-9349 or via email:

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