



'A MATTER OF BALANCE' training

"A Matter of Balance" is an award-winning, national program designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falls.

Minuteman Senior Services is partnering with **The Lahey Clinic** to offer certification in this evidence-based program to volunteers or caregivers who work directly with seniors. Trainers and workbook materials are provided by Lahey Clinic. The program is proven to reduce the risk of falls by seniors.



Minuteman
SENIOR SERVICES

For more information
call Volunteer services
at: 781-221-7023 or
888-222-6171 (toll free)
www.minutemansenior.org

Serving older people
and their caregivers for
35 years in:
Acton, Arlington,
Bedford, Boxborough,
Burlington, Carlisle,
Concord, Harvard,
Lexington, Lincoln,
Littleton, Maynard, Stow,
Wilmington, Winchester,
and Woburn.

WHEN: Two 4-hour classes
Tuesday, February 23, 1:00-5:00 and
Thursday, March 4 1:00-5:00

WHERE: Minuteman Senior Services,
24 Third Ave, Burlington

Coaches participate in two 4-hour sessions and agree to facilitate two **A Matter of Balance** classes for seniors within one year of training. There is no cost. Coaches earn **A Matter of Balance** Certification!

If you have good communication skills, are enthusiastic, dependable, physically able to lead low-to-moderate exercises, and are willing to help your senior friends reduce their risk of fall:

Please sign up by February 18. Call Peg Mikkola, 781.221.7018 or email p.mikkola@minutemansenior.org for more information.

Learn more at the introductory meeting:
Wednesday, February 10, Noon – 1:00 PM at Minuteman Senior Services Burlington