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***A Matter of Balance: Managing Concerns About Falls***  
**Coach Training Session I**

**Date:**

**Time: 4 hours**

- I. Welcome, introductions and our plan for today**
- II. An overview of A Matter of Balance Volunteer Lay Leader Model**
  - **Role of the Coach**
  - **Show video: *A Matter of Balance* © MaineHealth**
- III. A Matter of Balance Materials**
  - **Coaching Tips**
- IV. Session 1: Introduction to the Program**

***Fear of Falling* Video**

**Session 2: Exploring Thoughts and Concerns about Falling**

**Session 3: Introduction to Exercise and Fall Prevention**
- V. Questions & Answers**
- VI. Plans for next time & homework assignments**

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***A Matter of Balance: Managing Concerns About Falls***  
**Coach Training Session II**

**Date:**

**Time: 4 hours**

- I. Welcome, Check-in....**
  - **What we learned at the last class and our plans for today**
  
- II. Session 3: Exercise and Fall Prevention**  
***Exercise is Never too Late* video**
  
- III. Session 4: Assertiveness and Fall Prevention**  
**Session 5: Managing Concerns about Falling**  
**Session 6: Recognizing Fall-ty Habits**  
**Session 7: Recognizing Fall Hazards in the Home & Community**  
**Session 8: Practicing No Fall-ty Habits and Overview**
  
- IV. What's next? How we will work together**
  
- V. Questions, Answers, Feedback and Ideas**
  - **Coach Training Evaluation**
  
- VI. Celebration and Awarding of Certificates**