



GENERATIONS NEWS RELEASE

FOR IMMEDIATE RELEASE
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Volunteer coaches needed for fall prevention program

Generations is looking to expand our Matter of Balance (MOB) program. This nationally recognized evidence-based program's goal is to reduce fear of falling and increase activity levels & peer socialization among community-dwelling older adults. Matter of Balance classes are offered in each county of Generations' six-county service area which includes the counties of Daviess, Dubois, Greene, Knox, Martin and Pike.

Studies show that one-half of adults fear falling, one-third of adults do fall and falls are the leading cause of fatal and non-fatal injuries for this group. We need volunteers who would like to be trained to lead these classes in our community. Each class is led by two trainers.

Generations is hosting a free one-day Matter of Balance Coaches' Training in March for volunteers interested in teaching this evidence-based fall prevention program to older adults in this area. The training will be conducted on March 1, 2017 from 9 a.m. to 4 p.m. in the Fort Sackville Room in the Vincennes University Student Union, 1101 N 2nd St., Vincennes, IN 47591.

Generations and their partners will provide materials for classes, supervision and program promotion. Lunch will also be provided. There is no selling involved. Seating is limited. For more information or to RSVP, contact Alma Kramer at 812-888-4527 or akramer@vinu.edu.