

MEDIA RELEASE

ERIE COUNTY DEPARTMENT OF HEALTH

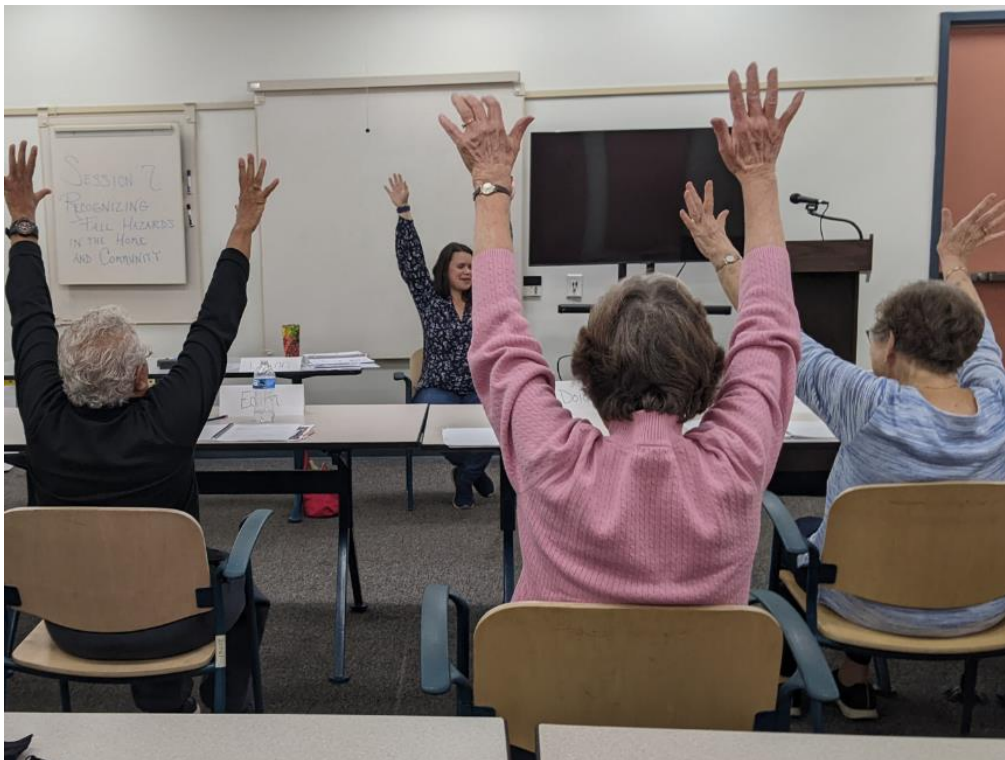


FOR IMMEDIATE RELEASE: Nov. 4, 2022

MEDIA CONTACT:

Walter Ang | Communications Specialist
wang@eriecountypa.gov

Free coach training for fall prevention program



A Matter of Balance participants go through exercises to prevent falling taught by Leann Sestak, a health educator from the Erie County Department of Health.

Erie, PA — A free coach training course for the **A Matter of Balance** program will be held on Nov. 18, 2022 at the Tom Ridge Environmental Center.

“A Matter of Balance is an award-winning, evidence-based program that helps older adults work through their concerns about falling, gives them the tools to reduce their chances of falling, and increases physical and social activity,” said Leann Sestak, public health educator

A Matter of Balance coaches should have good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches must be able to lead low to moderate level exercises.

“The more trained coaches we have in our community, the more older adults we can reach with falls prevention information and tools,” said Sestak.

Doug Forne, a personal trainer and A Matter of Balance Coach, said, “I love the look on participants faces when I see them doing the exercises with me and you see it click. After a few classes, they get why a certain movement is important for their mobility and why they need to keep moving, whether it’s by doing the program exercises or another physical activity they enjoy.”

"From a coach perspective, conducting A Matter of Balance classes is worthwhile and very rewarding," said Pam Biroscak, a newly trained A Matter of Balance Coach. "It is my pleasure to share information with participants to prevent falls and keep participants safe."

The Nov. 18 training will be 8:30 a.m. to 3 p.m. Register by Nov. 16, 2022. For details, contact 814-451-6547 or lsestak@eriecountypa.gov.

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