



COUNTY OF MONTGOMERY

Commissioners

James R. Matthews

Chairman

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Director of Health/Medical Director

MONTGOMERY COUNTY HEALTH DEPARTMENT

1430 DeKalb Street, PO Box 311

Norristown, PA 19404-0311

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(610) 278-5117

FOR IMMEDIATE RELEASE:

Free Fall Prevention Training Program
A Matter of Balance: Managing Concerns About Falls

August 16, 2010 (Norristown, PA) – Chances are you know someone who has fallen or who is afraid of falling. ***A Matter of Balance (MOB): Managing Concerns about Falls*** is a proven program designed to help people manage concerns about falls and increase physical activity. The program utilizes a variety of activities to address physical, social and cognitive factors affecting fear of falling and to learn fall prevention strategies. The Montgomery County Health Department (MCHD) is offering trainings to become a Master Trainer.

The MCHD is offering two free MOB Master Trainer sessions for healthcare professionals. The Master Trainer sessions will take place:

When: Sept. 14, 8:30 a.m. – 4:30 p.m.
and
Sept. 15, 8:30 a.m. – 3:00 p.m.

Where: Montgomery County Fire Academy
1175 Conshohocken Road
Conshohocken, PA 19428

When: Sept. 23, 8:30 a.m. – 4:30 p.m.
and
Sept. 24, 8:30 a.m. – 3:00 p.m.

Where: Bryn Mawr Rehabilitation Hospital
414 Paoli Pike
Malvern, PA 19355

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NORRISTOWN HEALTH CENTER

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Phone: (610) 278-5145 Fax: (610) 278-5166

POTTSTOWN HEALTH CENTER

364 King Street

Pottstown, PA 19464

Phone: (610) 970-5040 Fax: (610) 970-5048

EASTERN COURT HOUSE ANNEX

102 York Road, Suite 401

Willow Grove, PA 19090

Phone: (215) 784-5415 Fax: (215) 784-5524

This two-day training session will provide you with information and materials to train coaches in your community to lead ***A Matter of Balance: Managing Concerns About Falls***. As a result of the training, you will become a Master Trainer prepared to:

- Recruit and train volunteers to lead *A Matter of Balance* classes
- Work with volunteer coaches to reach a broader audience of older adults in the community.
- Train coaches in the MOB curriculum
- Coordinate the program in your community
- Market the program to older adults

The Master Trainer Training is free, and materials such as coaches' workbooks, will be included for you to train coaches in your area. Breakfast, lunch and refreshments will be provided. Space is limited to 20 participants at each training session and is on a first come, first-serve basis. Registration **deadline is Aug. 30, 2010**.

Potential Master Trainer candidates may include individuals from: Local Health Departments; Office of Aging; senior health agencies; trauma centers, hospitals; or rehabilitation centers. Potential coaches may include local senior center staff, YMCA staff, activities coordinators in housing developments or independent living facilities, university/college nursing programs and staff from local clinics.

If you would like to attend or want more information, please contact Brent Daubenspeck at 610-278-5117.

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This program is supported by the Pennsylvania Department of Health and the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC).

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