



Become a class leader!

Use your skills in a role that's fun, engaging and helps people live well even with health challenges.

A Matter of Balance

Juniper is looking for volunteers and professionals to be class leaders to educate, motivate and inspire.

No experience? No worries! We'll train you.

You'll co-lead this eight-week workshop with another certified instructor. See back for qualifications and expectations.

Monday, July 15, 2019

8:00 AM – 5:00 PM

**Southeastern MN Area Agency on Aging
(SEMAAA)**

2720 Superior Dr NW
Rochester, MN 55901

Juniper Network Contract: \$150.00
Non-Juniper Network Contract: \$170.00
(Scholarships may be available upon request)
Registration deadline: June 30, 2019



A Matter of Balance helps people develop coping strategies to overcome the fear of falling.

In group discussion, participants learn problem-solving skills and share practical solutions. With the help of a home safety evaluation action planner, they change their environment and reduce risk factors. Leaders introduce 30 minutes of supervised exercise in the third session.

To register: Contact Sarah Shepherd at (651) 917-4656

sshepherd@yourjuniper.org, or

Fill out the online form at

<https://secure.acceptiva.com/?cst=Z7cajc>

Benefits to you

- Help people prevent falls, reduce the risk of falling and stay active.
- Hone your skills in managing your own health and wellness.
- Meet others in your community.
- Help to make a better, healthier community.

Qualifications

- Passionate about helping people.
- Comfortable with public speaking.
- Committed to presenting the workshop strictly as described in the leader's manual.

Expectations

This training is offered as part of the Juniper network with the following expectations:

1. Lead at least one workshop per year in partnership with a Juniper sponsoring organization.
2. Present workshop according to the program fidelity guidelines.

