

Health and Wellness Leader Trainings

Education for health promotion and disease prevention.



Centralina Area Agency on Aging (AAA) is proud to provide **health promotion and disease prevention** services throughout our nine-county region. These services are designed to support older adults and their caregivers to improve quality of life through evidence-based programs.

What is an Evidence-Based Program?

Evidence-based programs are based on research and provide documented health benefits, so you can be confident that they work to promote health and prevent disease. Centralina AAA offers five evidence-based programs, one of which is Matter of Balance:



Build confidence in your own mobility by learning how to better navigate your environment and how to fall in a way that reduces the risk of serious injury.

Become a Leader

You can become a leader and deliver evidence-based health workshops, helping older adults in your community enjoy a better quality of life. Get started by attending two- or four-day trainings. These will prepare you with subject-based material and scripted guides proven to educate and make a positive impact on workshop attendees. Centralina AAA will provide all materials. We just ask for your time and dedication.

Upcoming Leader Training

[Matter of Balance](#)

April 24 - 25

9 a.m. to 4 p.m.

Evidence-based workshops are held throughout the year. Questions can be directed to Aging Program Manager Kristen Srouji at ksrouji@centralina.org.