



Health and Wellness Volunteer Position Description

Leading a Tai Chi class or becoming a Matter of Balance Coach is a great opportunity for someone that wants to help older adults in their local area to maintain independence, improve balance, and prevent falls.

Program Description	VPAS offers a variety of Evidence Based Health and Wellness programs. The most popular are Tai Chi for Arthritis and Falls Prevention (TCAFP) and a falls prevention workshop called A Matter of Balance (MOB).
What will I be responsible for?	Each program has unique responsibilities. Volunteers will receive training to lead the workshop or class according to the specific guidelines established by VPAS and each licensing organization.
What is my time commitment?	Tai Chi and A Matter of Balance take place in a series of multi week sessions. Volunteers would need to be available to lead all sessions.
What skills or abilities do I need?	Volunteers need to have good communication skills, enthusiasm and dependability, be willing to lead a small group of older adults, be able to perform range of motion and low-level endurance exercises, carry up to 20 pounds, and consistently complete required paperwork.
What will VPAS require of me before I begin to volunteer?	<p>You will need to complete the following prior to your orientation:</p> <ul style="list-style-type: none"> • Volunteer Application • Confidentiality Agreement • Photo Release Form <p>Each program will require additional forms and training specific to that certification.</p>
What training is required?	We will provide an orientation to the mission vision of VPAS and the programs offered in the community. MOB required training is 8 hours and TCAFP is 20 hours. Both programs require yearly update training and recertification. The time commitment to lead MOB and TCAFP is significant but both programs are rewarding and make a lasting difference in the lives of leaders and participants.

Do you have additional questions about the volunteer position or the application process and the documents you have received?

Please reach out to Pam Bennett, Administrative Services Coordinator
at 540-949-7141 or pam@vpas.info for further assistance.

You can also find additional information about VPAS programs at www.vpas.info