

OSTEOFIT- Working Toward Better Balance
Continuing Education Instructor Workshop

This session will explore effective strategies for incorporating balance in exercise programs. Co-presented by Marcella Paoletti, Physiotherapist from the Osteoporosis Clinic at BC Women’s Health Centre and Debbie Cheong, Master Trainer of Osteofit Instructors. This workshop is open to all instructors and was recorded on April 2014 by Mediasite for online viewing. Access code will be provided upon registration.

You are encouraged to participate in the activities as we explore exercise adaptations for various levels of ability. For this workshop you will need:

- **Medium sized ball**

2.0 BCRPA continuing education credits will be assigned once this workshop is complete. The workshop has 2 parts: learning and a multiple choice quiz. You will find the quiz at the end of the workshop. You will be awarded a certification of completion upon achieving 80% on the quiz.

Note: anyone can take this workshop. If you are not a certified Osteofit Instructor, we will share the workshop link and passcode once your registration fee is received and processed.

Fee:

Osteofit Instructors	Non-Osteofit Instructors
No cost	\$50 – please make cheque payable to PHSA – BC Women’s Osteofit Mail to: Osteofit – BC Women’s Hospital + Health Centre Mail #103 4500 Oak Street Vancouver BC V6H 3N1 For information on credit card payment contact osteofit@cw.bc.ca

Workshop registration: PLEASE PRINT CLEARLY

Name: _____ BCRPA ID # _____

Address: _____ City: _____

Postal Code: _____ Phone: _____

Email: _____

For more information please contact: osteofit@cw.bc.ca

For Finance use only: 00020-01-1202485-75521610-100