

Beyond Osteofit

Continuing Education Instructor Workshop

Join Debbie Cheong, Master Trainer of Osteofit Instructors for this practical review of the Osteofit program design. The Osteofit instructor training manual has over 80 illustrations and describes more than 25 agility activities that instructors can incorporate into their Osteofit classes. Are you using them all? This workshop is restricted to Osteofit instructors and was recorded by Mediasite on April 2014 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:

- **Chair**
- **Resistance band**
- **Yoga mat**
- **Dumbbells**

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: This workshop is restricted to instructors who have taken the Osteofit Instructor training course. It was recorded by Mediasite for online access. Please complete the form below and email it to osteofit@cw.bc.ca. Access to the workshop will be emailed to you upon receipt of this registration form.

PLEASE PRINT CLEARLY

Name: _____ E-mail: _____

BCRPA ID # _____ CFES ID # _____

Address: _____

City: _____ Postal Code: _____ Phone: _____

Date of last Osteofit ICE: _____

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