



STAY ON YOUR FEET®

Move

Improve

Remove

BUILD YOUR BALANCE FORUM

Are you a trainer or fitness instructor working with older adults in the community? Would you like to learn more about the physiological changes with ageing and how this impacts on balance? If yes, then why not attend the Stay On Your Feet® Build Your Balance Forum to learn about:

- The theory of balance (in relation to falls prevention)
- Physiological changes with ageing and how to address these through balance
- Pre-exercise screening
- Tools and methods for screening
- Interpreting results and assessing falls risk
- Incorporating balance into exercise programs/activities
- How to deliver a balance focused falls prevention program.

Date: Saturday 14 October 2017
Time: 1.30pm – 4.30pm
Venue: Bendat Community Centre, 36 Dodd St, Wembley
Cost: General Admission \$55 + GST / Webinar \$25 + GST
Registrations: <https://buildyourbalanceforum.eventbrite.com.au>

This forum will be informative, interactive and a fantastic opportunity to network with other health professionals.

Guest Speakers

Dr Jenny Conlon	Ph.D. Sports Science, Accredited Exercise Physiologist, Certified Conditioning and Strength Specialist.
Anthony Imms	Physiotherapist: Practice Principle at Homecare Physiotherapy, The Falls Prevention Clinic and LifeCare Phoenix Physiotherapy.
Joanna Hickley	Bachelor of Physical Education, Exercise and Sports Science majoring in Exercise Prescription Management and Sport and Leisure Studies from University of Otago in New Zealand.

For more information phone **1300 30 35 40** or email info@stayonyourfeet.com.au