



STAY ON YOUR FEET®

Move

Improve

Remove

Active Balance Workshop

Are you a therapy assistant or activity coordinator working with older adults in the community or supporting an Allied Health therapist in their role?

Are you a gym instructor or group exercise leader in the community working with older adults?

Would you like to learn more about the importance of balance and what you can do?

If yes, then why not attend the Stay On Your Feet® Active Balance?

This workshop will provide you with insight into the incidence and impact of falls, how ageing affects balance, as well as explore evidence-based exercise strategies that you can incorporate into your existing programs to support older adults to improve their balance and prevent falls.

Date: Friday 8 September 2017

Time: 10:30 am – 3:00 pm (lunch provided)

Venue: Geographe Leisure Centre
Queen Elizabeth Avenue and Recreation Lane, West Busselton

Cost: \$50 + GST

Registrations: <https://activebalanceworkshop.eventbrite.com.au>

This workshop aims to be informative, interactive and a fantastic opportunity to network with other exercise and activity professionals.

For more information phone **1300 30 35 40** or email sclark@injurymatters.org.au