



STAY ON YOUR FEET®

Move

Improve

Remove

Introduction to Lifestyle-Integrated Functional Exercise (LiFE) and Otago Exercise Programs

Are you a physiotherapist, occupational therapist or exercise physiologist working with older adults? Are you looking to deliver an exercise program proven to prevent falls?

Attend this one-day intensive workshop, delivered by senior physiotherapist and falls specialist, Tony Petta, to learn about the LiFE and Otago programs and to acquire the skills and confidence to implement these programs with at risk clients in your clinical practice.

This workshop provides the opportunity to:

- Learn the strength and balance principles of the LiFE and Otago programs
- Acquire the skills and confidence to deliver the LiFE and Otago programs including assessing participants, tailoring the program and ensuring exercises are performed safely
- Increase your ability to be able to provide effective feedback and motivate LiFE and Otago program participants
- Share your experience and knowledge with other clinicians in implementing exercise and activity programs when working with older adults at risk of falling.

Date:	Friday 20 October, 2017
Time:	8:30am to 4:30pm (morning/afternoon tea, lunch and refreshments included)
Venue:	Mandurah Aquatic and Recreation Centre, 303 Pinjarra Rd, Mandurah
Fee:	\$285 + GST (subsidised by Injury Matters) Fee also includes the <i>LiFE Trainer and Participant's Manual to Prevent Falls</i> .
Registrations:	https://otagolifemandurah.eventbrite.com.au

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

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

Stay On Your Feet WA® is provided by Injury Matters and supported by the Government of Western Australia through the Department of Health.