



# BETTER BALANCE TRAINING PROGRAM

**DATE:** Saturday June 3 2017

**LOCATION:** CPAA GYM, HAMPSTEAD CENTRE,  
212-217 HAMPSTEAD RD, NORTHFIELD

**PRESENTER:** JEANETTE RICHARDS

**TIME:** 9:30 AM – 4 PM

**COST:** \$220 (inc GST)

**CEC'S:** 4



This is a comprehensive program complete with an illustrated manual with exercise cards.

## Theory component:

- Statistics and facts,
- gait changes, risk factors
- physiological changes and challenges that arise.

## Practical component:

- Balance, standing and moving,
- Group exercises,
- Strength, power and muscular endurance exercises
- Flexibility exercises

The day will be divided into sections, with the opportunity for practice at the end of each section, then all students will be assessed individually, and with a theory exam. Please come dressed to exercise.

For more information please call Jeanette Richards on 8232 0422

**BETTER BALANCE TRAINING SESSION June 3<sup>rd</sup> 2017 : Please send to:**

**Jeanette Richards**

**Project Manager, Strength for Life**

**Fax: 8232 0433**

**16 HUTT ST, ADELAIDE SA 5000**

**Ph: 8232 0422**

**Mob: 0405 630 039**

**Email: jrichards@cotasa.org.au**

NAME \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL: \_\_\_\_\_

PAYMENT:    AMOUNT: **\$220**                      CHQ        MCARD        VISA

NUMBER \_\_\_\_\_ EXP DATE: \_\_\_\_\_

NAME ON CARD: (please print clearly) \_\_\_\_\_

Signature: \_\_\_\_\_

**COTA BANK DETAILS FOR DIRECT CREDITING:**

**BANKSA      ADELAIDE**

**Acc.Name.    Council on the Ageing (South Australia) Inc**

**BSB 105-029              Account No.    138457440**

**\*\*\*\*Include your Name & Better Balance Training as details.\*\*\*\***