



OSTEOFIT INSTRUCTOR UPDATES WORKSHOP
BC Women's Health Centre
Monday May 31, 2010
5:00 – 7:30pm



Physiotherapist Wendy Epp will address the team approach of physiotherapists and other health care providers to deliver quality programs for the senior clients. Explore mobility, joint preservation, balance retraining and participate in a presentation of exercise progressions and techniques using props and other simple pieces of equipment.

This workshop is not restricted to Osteofit instructors and will also be available by Mediasite for online viewing after June 7. Access code will be provided upon registration. Please contact us for more information or visit our website www.osteofit.org

BCRPA recognizes this workshop for 2.5 Continuing Education Credits

In-person attendance:

BC Women's Health Centre,
 SHY Auditorium (ground floor) **BRING YOUR OWN MAT**
 4500 Oak Street, Vancouver ([entrance at 29th Ave. and Heather](#))
 Monday, May 31, 2010
 5:00 – 7:30pm

Deadline to register for both live and Mediasite viewing is Sat May 22, 2010

Fee: **Registered** Osteofit Instructors _____ \$ 35.00 (Osteofit ICE within the past 3 years)
 Others _____ \$45.00

Date of last Osteofit ICE: _____

Name: _____ e-mail _____

Address: _____

City: _____ Postal Code _____ Phone: _____

Fee Enclosed: _____

(Please make cheque payable to: BC Women's Osteofit Program)

Please check one:

In-person Attendance Mediasite viewing June 7- Aug 31, 2010

For more information contact:

Debbie Cheong
dacheong@telus.net
 604-940-0349

Mail to:

Osteofit
 4614 Holly Park Wynd
 Delta BC V4K 4S2

