

**OSTEOFIT INSTRUCTOR UPDATES WORKSHOP**  
**Arthritis and Exercise Modifications**  
**Online session**

**Join Wendy Turner, physiotherapist at Lions Gate Hospital Arthritis Program, for an overview of Arthritis and the modifications and precautions necessary to accommodate those in our classes who present with this disease condition.**

*This workshop is not restricted to Osteofit instructors and is available by Mediasite for online viewing. Access code will be provided upon registration. Please contact us for more information or visit our website [www.osteofit.org](http://www.osteofit.org)*

**BCRPA recognizes this workshop for 1.5 Continuing Education Credits upon completion and submission of a multiple choice quiz.**

Fee: **Registered** Osteofit Instructors \_\_\_\_\_ \$ 25.00 (Osteofit ICE within the past 3 years)  
Others \_\_\_\_\_ \$35.00

Date of last Osteofit ICE: \_\_\_\_\_

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_ e-mail \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone: \_\_\_\_\_

Fee Enclosed: \_\_\_\_\_  
(Please make cheque payable to: BC Women's Osteofit Program)

For more information contact:  
Debbie Cheong  
[dacheong@telus.net](mailto:dacheong@telus.net)  
604-940-0349

**Mail to:**  
Osteofit  
4614 Holly Park Wynd  
Delta BC V4K 4S2