

Research to Action: Continuing Education Conference

June 18-19, 2010

London Hall Residence at the University of Western Ontario

London, Ontario, Canada

Early bird registration deadline: April 15, 2010 (1 day fee - **\$125.00**, 2 day fee - **\$175.00**)

Regular registration deadline: June 16, 2010 (1 day fee - **\$150.00**, 2 day fee - **\$200.00**)

*Note: If signing up for Urban Poling Certification Course (DAY 2), poles **MUST** be purchased for an **additional cost** of \$100.00

NAME _____ TITLE _____

ORGANIZATION _____

ADDRESS _____

DAYTIME PHONE _____ E-MAIL _____

Please indicate which events you will be attending by checking the appropriate boxes below

Please send one registration form for each person attending

Please note for each session there are recommended target mobility levels from high to low.

EVENT	SELECT <input checked="" type="checkbox"/>
DAY 1: Keynote address and research updates (Morning)	
✓ If you are attending day 1, please check the box	<input type="checkbox"/>
DAY 1: Select one education session (Afternoon)	
✓ Alzheimer's and Exercise Workshop - What are we Forgetting? (Low to Moderate)	<input type="checkbox"/>
✓ Falls Prevention Physical Activity Workshop (Low to Moderate)	<input type="checkbox"/>
✓ Improving Stability on the Ball and Mat! (High)	<input type="checkbox"/>
DAY 1: Trainer Panel (Optional)	
Trainers discuss and answer questions about special topics related to fitness for older adults.	<input type="checkbox"/>
DAY 2: Select one education session	
✓ Restorative Care Refresher – Maximizing Client Potential (Low)	<input type="checkbox"/>
✓ Post Rehab Exercise for Stroke Fast Track (Low to Moderate)	<input type="checkbox"/>
✓ Balls, Bands and Balance (High and Low)	<input type="checkbox"/>
✓ Improving Stability on the Ball and Mat! (High)	<input type="checkbox"/>
DAY 2: Select one education session	
✓ Falls Prevention Physical Activity Workshop (Low to Moderate)	<input type="checkbox"/>
✓ Urban Poling Certification Course* (High) *\$100 additional fee for certification, includes poles	<input type="checkbox"/>
✓ Functional Activity Measures (High and Low)	<input type="checkbox"/>
✓ Alzheimer's and Exercise Workshop – What are we Forgetting? (Low to Moderate)	<input type="checkbox"/>

SPEAKER TOPICS

Kevin Shoemaker - Exercise, Aging and the Brain

Dr. David Cunningham - Can You Walk the Walk?

Melanie Stuckey - Love your Heart

Daniel Bechard - The Skinny on Pole Walking and Osteoarthritis

Linda Norton – The Latest from Shoppers Home Health

Grad Student RFP Winner - Winner Announced at the Conference

WORKSHOP DESCRIPTIONS

Alzheimer's and Exercise Workshop - What are we Forgetting? - Enhance program planning for clients and residents with Alzheimer's disease and Cognitive Impairments. Use functional mobility programs that include participants that have dementia by integrating meaningful activities & appropriate exercise.

Falls Prevention Physical Activity Workshop - This workshop is intended to discuss the important role that physical activity should play in any falls prevention initiative. More specifically, exercises that facilitate gains in lower body strength, flexibility and balance are paramount for improving older adults functional mobility, increasing activities of daily living, confidence and reducing overall risk of falling.

Improving Stability on the Ball and Mat! - Incorporate mats and stability balls into fitness classes as a training aid to enhance strength, stability, core and posture. These valuable tools can add progression to ongoing exercise programs. Small exercise balls will also be integrated into this workshop.

Restorative Care Refresher – Maximizing Client Potential - Learn valuable tools, guidelines & programs to incorporate into the restorative care sections of MDS. This workshop is design for health care professionals working to follow through with a restorative care approach for residents and clients in their facilities.

Balls, Bands and Balance – This workshop focuses on small ball, balancing, strengthening & stretching exercises for clients with a variety of functional levels.

Urban Poling Certification Course – This unique and comprehensive instructor certification course gives you all the materials, tools and support you need to quickly and efficiently start your own urban poling program.

Functional Activity Measures - This workshop will focus on measuring functional abilities of older adults and the special needs and considerations of this population. Participants will gain skills and knowledge in conducting functional fitness assessments of older adult fitness parameters.

Post Rehab Exercise for Stroke Fast Track - Will instruct guidelines for fitness and mobility community based group exercise programs for stroke survivors.



PAYMENT

To secure your space at the event please enclose a cheque or money order payable to the **Canadian Centre for Activity and Aging**. If you need an invoice for any of these charges, please contact Sarah Merkel at 519-661-2029 or smerkel2@uwo.ca. Receipts will be provided onsite.

Send completed registration information and payment to:

Sarah Merkel
Canadian Centre for Activity & Aging
1490 Richmond Street
London, ON N6G 2M3
By Fax: 519.661.1612
Email: smerkel2@uwo.ca
Phone: 519.661.2029

ACCOMODATIONS

Essex Hall Residence at Western

A block of rooms have been reserved at Western's Essex Hall Residence for Research to Action conference delegates. To secure a room at the special delegate rate of \$50.00 + tax/night (includes breakfast), please contact Patty Scheerer (information below). Residence information can be found at <http://www.residenceatwestern.ca/essex.cfm>

Provided in the room:

- Approximate single room size 2.74m (9') x 3.2m (10.5')
- Each single room contains closet and chest of drawers
- Room also contains desk, desk drawer unit, floor-length mirror, curtains, desk chair, desk lamp, corkboard, wastebasket, and overhead lighting

To make a reservation, please contact:

Patty Scheerer
Conference Services
Room 150, Lambton Hall
1421 Western Road
London, ON N6G 4W4
Ph: 519-661-3545
conference.services@uwo.ca

Please reference *Aging Conference*.

Cheques for accommodations can be made payable to the University of Western Ontario or can be paid by Visa or Mastercard over the phone by calling Patty Scheerer 519-661-3545