

TIME	SESSION	ROOM
09:00 – 09.30	Registration	
09.30 – 09.45	Directors' Welcome and Update - Dawn Skelton & Bex Townley	
09.45 – 10.30	Keynote: Meg Lowry, Next Step Physio "The gameification of therapeutic exercise" Australian Physiotherapist Meg Lowry is a clinician on a mission to help people better shape their course of ageing. This presentation will explore ways that we can inject more FUN and variety into evidence based exercise programs to promote both enjoyment and adherence to exercise. Presented via Skype all the way from Australia , Meg will discuss gameification theory, and with the use of videos she will guide us through practical examples of how we can all gameify strength, balance and cardio exercises. Come to this presentation ready to MOVE because Meg likes to involve the whole audience in an exergame or two!	Climb
10:30 – 12:15	Choice of WORKSHOP 1 (refreshments will be available throughout workshop)	<i>See Workshop Programme</i>
12:15 – 13.00	LLT Geographical networking - meet instructors living/working in your area	Climb
13:00 – 14:00	Lunch (included in cost)	Rest
14:00 – 14:30	Keynote: Prof Dawn Skelton, Director Later Life Training & Professor of Ageing & Health, Glasgow Caledonian University. "FaME – I want to live forever....?" FaME, what it was originally, what it became, how it rolled out and what policy and guidelines recommend it? What lessons we have learned in its success – fidelity and quality.	Climb
14:30 – 16:15	Choice of WORKSHOP 2 (refreshments will be available throughout workshop)	<i>See Workshop Programme</i>
16:15 – 16:30	Refreshments	Rest
16:30 – 18:15	Choice of WORKSHOP 3 (refreshments will be available throughout workshop)	<i>See Workshop Programme</i>
18:15 – 18:30	Round-up of day! Dawn Skelton	Climb