















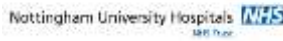
**WORKSHOP 1 (5 PARALLEL SESSIONS) – 10.45 – 12.15**

<b>Workshop</b>	<b>THEME</b>	<b>WHO/WHAT?</b>	<b>PRESENTER</b>	<b>ROOM</b>
1a	<p><b><u>FaME – remember my name</u></b>                      Example Week 40+ PSI session looking at functional progressions and class formats for continued effectiveness and enjoyment.</p>	<p>Most benefit to: PSIs                      Also: Exercise / Fitness Professionals / Primary Care / Prevention</p>	<p><b>Simon Hanna</b>   </p>	
1b	<p><b><u>Grey pound Pilates</u></b>                      Functional exercises designed to combat the ageing process. This class will introduce the Pilates Teachers to new ideas for their classes and thus promote the health and well-being for the older clients. This session will be most beneficial to anyone delivering Pilates in a class or one to one.</p>	<p>Most benefit to: Pilates Instructors                      Also: PSIs / Exercise / Fitness Professionals / Primary Care / Prevention</p>	<p><b>Sheila Done</b>   </p>	
1c	<p><b><u>This is Me, person centred and dementia friendly, how do I do that?</u></b>                      Demonstrating person centred approaches to physical activity programming and Dementia friendly approaches to physical activity services. What do we need to know and how can we use this information to create success?</p>	<p>Most benefit to: Exercise / Fitness Professionals / PA Leaders                      Also: Therapists</p>	<p><b>Bob Laventure</b>   </p>	
1d	<p><b><u>Chair Master Class</u></b>                      Want some tips on leading chair based exercise, progressing exercises and adding in some fun? Then this workshop is for you!</p>	<p>Most benefit to: CBE Leaders / PSIs                      Also: Exercise / Fitness Professionals / PA Leaders / Therapists</p>	<p><b>Sheena Gawler</b>   </p>	
1e	<p><b><u>Adapting exercise for those with visual impairment</u></b>                      What happens if your participants cannot see you? Both Otago and FaME/PSI exercise programmes have now been piloted with people living with severe visual impairment (VI). Learn more about the adaptations necessary and the support options that help people with VI uptake and adhere to exercise.</p>	<p>Most benefit to: OEP Leaders / PSIs                      Also: Exercise / Fitness Professionals / Therapists</p>	<p><b>Allison Simpson &amp; Dawn Skelton</b>   </p>	

**WORKSHOP 2 (5 PARALLEL SESSIONS) – 14.15 – 15.45**

<b>Workshop</b>	<b>THEME</b>		<b>PRESENTER</b>	<b>ROOM</b>
2a	<p><b><u>Dance to Health - AESOP Arts enterprise project on falls prevention</u></b>                      Ever wondered what FaME and Otago look like when adapted into dance? Through a partnership with LLT, dance artists from Cheshire Dance, Dancing in Devon, Dance East, East London Dance and South East Dance have been trained in Otago and FaME. A number of pilots have been run, hear all about the project and try out the dance moves.</p>	<p>Most benefit to: OEP Leaders / PSIs / Dance Instructors                      Also: Exercise / Fitness Professionals / Primary Care / Prevention</p>	<p><b>Karen Hamilton</b>                      Dance to Health                      Project Manager                      (Choreographer &amp; Sheena Gawler)</p> 	
2b	<p><b><u>CPD in a social media age</u></b>                      We live in a fast paced world and many of us couldn't imagine life without a smartphone and the internet. But how many of us tap into this for our ongoing CPD? This workshop will focus on the use of Twitter as a medium for your CPD. It will cover the basics of setting up your account, looking at 'Who to follow' and finally looking at how you can access all sorts of up to date information on Social media. Finally we will look at taking part in a Tweetchat and making links that last beyond the Twittersphere! Bring your Tablet or Smartphone for a fully interactive session....</p>	<p>Most benefit to:                      Anyone interested in social media interactions!</p>	<p><b>Janet Thomas</b></p>  <p>@physiotalk                      (@janetthomas47)</p>	
2c	<p><b><u>Reinventing the wheel on 'lateral' thinking</u></b>                      Progressions revolution from the frailest to the fearless. This session builds on themes of my last conference workshop, 'thinking out the box'. The principles of fitness and progression haven't changed, however this session presents my take on all things lateral, making sideways stepping the most exciting and 'newest' move in the book, step aside! Most beneficial to anyone working with frailer older people in 1-2-1 or group settings.</p>	<p>Most benefit to:                      Exercise / Fitness Professionals / Social Care Professionals / Therapists</p>	<p><b>Bex Townley</b></p> 	
2d	<p><b><u>Osteoporosis – the Do's and Don'ts of working with fragile bones</u></b>                      Do you work with people who have diagnosed Osteoporosis? Or just want to know what you can and can't do, should or shouldn't do, what are they key issues and how can you help?</p>	<p>Most benefit to: PSIs / Therapists                      Also: Exercise / Fitness Professionals / Secondary Care</p>	<p><b>Dawn Skelton &amp; Pauline Virgo</b></p> 	
2e	<p><b><u>FaME –remember my name</u></b>                      Example Week 40+ PSI session looking at functional progressions and class formats for continued effectiveness and enjoyment.</p>	<p>Most benefit to: PSIs                      Also: Exercise / Fitness Professionals / Primary Care / Prevention</p>	<p><b>Simon Hanna</b></p> 	

**WORKSHOP 3 (5 PARALLEL SESSIONS) – 16.00 – 17.30**

<b>Workshop</b>	<b>THEME</b>		<b>PRESENTER</b>	<b>ROOM</b>
3a	<p><b><u>Remotely monitored OTAGO based exergames for older people</u></b>                      This interactive workshop will present new ways of delivering exercises using research based exergames that can be used in the older persons own home and monitored by the health professionals in the clinical setting. Early results from a randomised controlled trial will be presented and there will be time to try out the exergames for yourself!</p>	<p>Most benefit to: PSIs / Therapists                      Also: Exercise / Fitness Professionals / Primary Care / Secondary Care</p>	<p><b>Dr Emma Stanmore</b>  </p>	
3b	<p><b><u>SMART MOVES – The Living Tai Chi App</u></b>                      In this workshop, you will be introduced to a specific set of Tai Chi moves that you can then apply with confidence in your work with clients and patients. These therapeutic movements are effective in addressing key aspects of health. They improve the body’s balance and leg strength. They bring relaxation and concentration to the mind. They lift the spirit and generate a sense of wellbeing and positive outlook.</p>	<p>Most benefit to: PSIs / Therapists                      Also: Exercise / Fitness Professionals / Primary Care / Secondary Care</p>	<p><b>Jane Ward</b>  </p>	
3c	<p><b><u>Sarcopenia &amp; Frailty</u></b>                      What are they and how are they linked? A look at the background evidence and then a focus on how we can intervene in both frailty and sarcopenia – will the same exercise and rehabilitation interventions help both?</p>	<p>Most benefit to: Therapists                      Also: Exercise / Fitness Professionals / Primary Care / Secondary Care</p>	<p><b>Janet Thomas</b>  </p>	
3d	<p><b><u>Inspired by Yoga</u></b>                      With an increasing evidence base, including for the training of strength and balance, yoga practice is more popular than ever. Experience for yourself why so many people are inspired by yoga, and learn how to incorporate elements from yoga practice into your classes.</p>	<p>Most benefit to: Exercise / Fitness Professionals / PA Leaders</p>	<p><b>Sara Paul</b>  </p>	
3e	<p><b><u>Clinical Gait Assessment made easy</u></b>                      Simple, pragmatic ways to assess walking (gait) and ways in which you can use this information to tailor exercise and advice. From a Geriatrician’s viewpoint, what is so important about gait assessment?</p>	<p>Most benefit to: Therapists                      Also: Exercise / Fitness Professionals / Primary Care / Secondary Care</p>	<p><b>Tash Masud</b>  </p>	