

Specialists in training people to deliver therapeutic, seated physical activities to less able and/or elderly persons



Introduction to Basic Seated Exercises in a Social Care Setting

A unique, L1 training course to support Continued Professional Development

Accredited by National
Open College Network



College of
Occupational
Therapists



Endorsed by The College of
Occupational Therapists

Friday 30th October 2009

**Age Concern Kensington & Chelsea,
1 Thorpe Close, London, W10 5XL
(nearest tube – Ladbroke Grove)**

Participants will:

- Learn (through experience with a Vitalyz instructor) a number of seated exercises suitable for most levels of abilities
- Enjoy lively discussion on the benefits of physical activities
- Explore a range of motivational techniques to encourage participation
- Gain an understanding of health & safety implications
- Receive a workbook with evaluation templates/reference sections
- Leave with a confident and positive attitude to this therapeutic activity!

After the training day, learners are required to complete a further 4hrs work study to involve preparing and conducting seated exercise sessions, as explained.

Vitalyz need to receive written evidence of the 4hrs work study, within an agreed timescale.

This evidence is used to confirm and verify that learners have understood the training, before they receive their NOCN certificates.

Cost per learner - £180

FULL payment is required in advance as numbers are limited.

Liquid refreshments and light lunch included.

Registration 9am to begin promptly at 9.30am & finish approx 4.45pm.