



Brains & Balance Past 60 (TM)

A brand-new ConEd program!

Our newest ConEd class has been completely rewritten and updated and boasts new balance drills, new video content and brand new course titles and numbers.

THE SCHEDULE

- 1. 8:30 am – 10:30 am**
Functional Balance: Training Clients who are a Fall Risk
The task-specific needs of the frail elder are front and center in this important course that explores the realities of frailty -- and the improvements balance training can bring.
- 2. 10:30 am - 12:30 pm**
Dynamic Balance: Innovative Drills to Build Confidence & Reduce Fall Risk
You're going to love this fast paced course that will demonstrate brand new balance drills to empower, strengthen and maintain independence for the more functional senior.
- 3. 1:30 pm – 3:30 pm**
Primal Balance: Strength Training to Reduce Fall Risk
This innovative course cleverly merges primal exercise with more advanced dynamic balance and agility drills for a workout that is both challenging and effective.
- 4. 3:30 pm – 5:30 pm**
Cognitive Balance: Using Movement & Music to Improve Cognition
The role of the hippocampus takes center stage in this evidence-based course that explores the effect carefully selected music can have on memory and the aging brain.

SAVE! Early-bird registration: \$79!

Regular Registration: \$129

**EXERCISE
ETC. INC.**

1-800-244-1344

info@exerciseetc.com

Registration fee: \$129 (0.8 /8.0 CEs)

**Register early
and pay only \$79!**



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Continuing Education for Fitness Professionals

A brand-new ConEd course

Each 2-hour class is pre-approved for 0.2 CECs and/or 2.0 CEUs by:

ACE, ACSM, AEA, AFAA, BOC, CSCS, ISSA, NASM, NSCA & more

Save! Register early & pay only \$79! (Reg \$129)

**Exercise ETC, Inc.
2805 E. Oakland Park Blvd # 426
Ft. Lauderdale, FL 33306**

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A brand-new "live" continuing education program!