



Brains & Balance Past 60^(TM) ***Portland: Saturday March 21, 2026*** **Hilton Garden Inn: PDX Airport** ***12048 NE Airport Way, Portland 97220***

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!
(Before March 17, 2026) Regular Registration: \$129

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

Register before 3-17-26

and pay only \$79!



Brains & Balance Past 60 (TM)

Continuing Education for Fitness Professionals

Portland, OR Saturday March 21, 2026

Hilton Garden Inn: PDX Airport

Your Instructor: Steve Bannerot, MA, CSCS

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 before 3-17-26 & pay only

\$79! (Reg \$129)

Can't attend? Our next class in Portland will be March 2027

Exercise ETC, Inc.
2805 E. Oakland Park Blvd # 426
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