

## Strength and Balance Workshop for Healthcare Settings

### Course Overview

A 3-hour workshop that explains why walking, plus strength and balance provide the key to active older age. Delegates will spend time learning how to encourage mobility and activity and build strength & balance into daily care. This course is delivered by our qualified trainers who have extensive experience in health & social care.

### Learning Outcomes

- Understand the physical, social and well-being effects of ageing
- Understand the benefits of being active
- Be aware of the current physical activity guidelines
- Understand why walking with strength and balance is important
- Try out and practice strength and balance

### Who is this course suitable for?

Healthcare staff who support older adults in any care setting that would like to support older adults to improve their mobility through short daily walks and strength and balance. We would recommend identifying 3-4 members of staff to attend who will take this forward and implement the learning into their setting.

### Course Materials

The course materials will be supplied to all participants on the day of the workshop.

### Workshop Details

**Date:** Friday 15<sup>th</sup> November 2024.

**Venue:** Johnstone Town Hall, Carlile Suite.

<https://www.oneren.org/venue-hire/cultural-venues/johnstone-town-hall/>

**Training Time:** 10.00am – 1.30pm. **Please arrive at 9.45am for a prompt 10.00am start.**

**Refreshments:** Tea and Coffee will be served on arrival plus a sandwich lunch.

**Parking:** There is a car park directly in front of Johnstone Town Hall, with extra parking facilities available around the back of the venue.

**Public Transport:** Johnstone Train Station is approximately a 10minute walk.

### Booking

The workshop is now available to book via the link below. Please note spaces are limited so please make your booking as soon as possible.

**Booking will close on Friday 1<sup>st</sup> November 2024.**

**Booking Form Link** <https://form.jotform.com/242603716950961>