

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**



College of  
Occupational  
Therapists



A unique, L1 training course to support Continued Professional Development\*  
Vitalyz promote the delivery of basic seated exercises  
to less able persons and/or seniors living or attending a social care setting.

### **Monday 5<sup>th</sup> July 2010**

Disabled Living Foundation  
380-384 Harrow Road, London, W9 2HU  
Underground stns: Westbourne Park, Royal Oak or Warwick Ave. Location map available

Liquid refreshments available onsite, please make your own lunch arrangements

Participants will:

- Learn (through experience with a Vitalyz instructor) a number of seated exercises suitable for various 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 comprehensive workbook and case study notes, a Vitalyz stress ball, 2 x Vitalyz seated exercise DVDs and a 'gold style' Vitalyz lapel pin.
- Leave with a confident and positive attitude to this therapeutic activity!

\*After the training, learners are required to complete 4hrs work-based case study, involving delivering the seated exercises learnt.

Evidence including assessment, recording and evaluation is to be submitted within an agreed timescale for Vitalyz to verify before applying for OCN certification.

### **£195 per learner** (exc VAT)

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

Numbers are limited. FULL payment required in advance.

[www.vitalyz.com](http://www.vitalyz.com)

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