

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 25<sup>th</sup> October 2010**

City Business Park, Somerset Place, Stoke, Plymouth, PL34BB  
Parking is available on-site.

Check-in at reception and ask for Venus training area.

Liquid refreshments available onsite, please bring your own lunch

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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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