

AFLCA Ever Active Adults Certification Course

Ever Active Adults is an evidence-based educational course specifically designed for Practitioners; Activity Coordinators, Rehab Aides, Recreation Assistants, Therapist Assistants, etc. working in lodges, assisted living and long-term/extended care facilities. This course educates practitioners with appropriate active living strategies for improving the quality of life for Alberta seniors.

The Ever Active Adults course offers an opportunity to network, learn and gain access to external resources and services. Prepare for a unique, learning experience that will re-motivate and inspire you to foster an active living environment!

Some topics include:

- exercise class design and programming;
- working with residents with special conditions;
- using resources in your community to improve your programming;
- incorporating culture into your active living facility.

Ever Active Adults is recognized as the pre-requisite for the Alberta Senior Citizens' Housing Association & Red Deer College Certificate Program for Activity Coordinators.

REGISTER TODAY!

2005 upcoming course dates & locations:

Edmonton - Jan 12 & 13
Red Deer - Feb 23 & 24
Camrose - March 9 & 10
Fort MacMurray - May 25 & 26
Grande Prairie - Oct 12 & 13
Medicine Hat - Nov 23 & 24

To register or if you are interested in hosting an Ever Active Adults course in your area contact:
Lesley McEwan at (780) 492-4435. Email: lesley.mcewan@ualberta.ca

Website: www.provincialfitnessunit.ca



AFLCA
FITNESS FOR THE OLDER ADULT CERTIFICATION COURSE

Course highlights:

- Major Chronic Health Challenges faced by Older Adults:
 - *Arthritis *Cardiovascular Disorders *Respiratory Problems
 - *Diabetes *Obesity *Dementia *Alzheimer disease
 - *Parkinson Disease *Visual and Auditory Disorders *Osteoporosis

- Physiology of Aging and Exercise

- Understanding and Motivating Older Adults
 - Medications and Exercise
 - Safety Considerations

- Screening and Fitness Assessment

- Older Adult Exercise Techniques

- Exercise Programming and Leadership for the Older Adult

- Balance and Coordination/Flexibility/Strength and Endurance
 - Communication

- Music and equipment considerations

To become a Specialist in the field of physical fitness for the Older Adult call to register for the AFLCA Fitness For the Older Adult Designate Certification Course
(780) 492-4435!

WATCH FOR IT! The newly developed AFLCA Older
Adult Functional Exercise Leadership Program
.....coming in 2005!!