

## **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!**

**Edmonton - May 3 & 4, 2006**

**Calgary - March 18 & 19, 2006**

**Lloydminster - April 5 & 6, 2006**

**Lethbridge - Spring 2006 - TBA**

To register or if you are interested in hosting an Ever Active Adults course in your area contact:

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