

Give Yourself the Early Gift of Education this Year!

Become an Older Adult EXPERT and Expand Your Clientele Reach!!

New Course!!

Optimizing the Older Adult

16 CECs

<https://activeinitiatives.thinkific.com/courses/optimizing-the-older-adult>

The older adult population is exploding and they have increased comorbidities and frailty. We need to work "upstream" to help this client population to stay out of the hospital and THRIVE.

Do you want to feel confident when working with the 55+ population? Learn about what influences aging and how increasing age affects a person physically, cognitively and mentally. This course covers a variety of chronic health conditions (respiratory, cardiac, neurological, diabetes, dementia, cancer). Discover key components for exercise programs for the healthy older adult and the older adult with multiple health concerns.

16 hour self-paced, virtual course

It includes tons of videos to keep you energized.

HOLIDAY SPECIAL:

20% off ALL courses until Dec 31, 2023

1 full year to complete the course after registration!

Promo code: **AKAholiday20**



More courses made by Physiotherapists for YOU!

- ⇒ Optimizing Hip and Knee Function
- ⇒ Optimizing the Kinetic Chain
- ⇒ Optimizing Shoulder Function
- ⇒ Finding Balance: Dual Task, Cognitive and Vestibular Exercise Workshop
- ⇒ Gait

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Link to all courses:

<https://activeinitiatives.thinkific.com/>