



HAPPY NEW YEAR!

Dear Members,

Due to the recent rise in cases as a result of the Omicron Variant, the board would like to encourage members to continue practicing safety measures when needed and adhere to provincial measures that have been put in place. [Click here](#) for a full update on new public health measures.

Evidence indicates that vaccines are effective at preventing serious outcomes due to COVID-19, such as severe illness, hospitalization and death. The board highly recommends members get vaccinated against COVID-19. Book your shot at a participating pharmacy, through the [AHS online booking tool](#) or dialing 811.

Proof of vaccination can be accessed through [MyHealth Records](#).

If you have any questions or feedback on how we could better support you, please email us at: admin@albertakinesiology.ca





GRACE PERIOD ENDS SOON

The board would like to remind members that have not renewed their memberships to do so before January 31, 2022 to avoid reapplying for a membership.

If you are currently not practicing we suggest the Non-Practicing AKA membership to save the hassle of reapplying for a membership if needed in the future.

DETAILS ➤



Active Initiatives

Active Initiatives is an education based company backed by physical therapists with a combination of 50 years of experience in all domains; especially in the management of osteoarthritis and pre/post op joint rehabilitation. We provide consulting and seminars to fitness trainers, kinesiologists, physical therapists, rehab assistants, companies, school districts, and directly to patients.

Summary of the online workshops in 2022:

- 1. Osteoarthritis: How to Help Your Clients Thrive! (2 CECs)*
- 2. Part 1: Optimizing Hip and Knee Function: Fresh ideas for Management of Osteoarthritis and Lower Extremity Replacements (8 CECs)*
- 3. Part 2: Optimizing Hip and Knee Function: Taking It to the Next Level! (7 CECs)*
- 4. Finding Balance Foundations (2 CECs)*
- 5. Finding Balance: Dual Task, Cognitive, and Vestibular Exercises (8 CECs)*
- 6. Outcome Measures (3 CECs)*
- 7. Outcome Measures for Balance (3 CECs)*

View our website for outlines and prices.

DETAILS ➤

