



OSTEOFIT Continuing Education Instructor ONLINE Workshop
Bone Basics - A Review of Exercises for those with Osteoporosis

This session will review the current guidelines from Osteoporosis Canada for exercise for those at risk for fractures. Co-presented by Marcella Paoletti, Physiotherapist from the Osteoporosis Clinic at BC Women's Health Centre and Debbie Cheong, Master Trainer of Osteofit Instructors.

*This workshop is **open to all** instructors and was pre-recorded by Mediasite (April 2015) for online viewing. Access code will be provided upon registration. Please contact us for more information or visit our website www.osteofit.org*

2.0 BCRPA continuing education credits.

CECs assigned upon successful completion of workshop quiz, 80% required to pass

Fee: **Registered** Osteofit Instructors ___ \$25.00 (must have Osteofit ICE within the past 3 years)
Others _____ \$35.00

Date of last Osteofit ICE: _____

PLEASE PRINT CLEARLY

Name: _____ e-mail _____ BCRPA ID # _____

Address: _____

City: _____ Postal Code _____ Phone: _____

Fee Enclosed: _____ (Please make cheque payable to: **PHSA- BC Women's Osteofit**)

For more information and credit card payment contact:

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