

## **OSTEOFIT 101**

### *Continuing Education Instructor Workshop*

Join Debbie Cheong for a review of this unique and highly regarded program. Based on best practices and published research, Osteofit delivers a safe and appropriate education and exercise program for adults especially for those with low bone mass and at risk for fractures. This workshop was recorded on March 30, 2019 at BC Women's Health Centre in Vancouver and will explore the various levels of Osteofit, the program designs and the certification and registration of the Osteofit instructor.

You are encouraged to participate in the activities as we explore exercise adaptations for various levels of ability. **You will need a yoga mat, light and heavy resistance bands and a pair of dumbbells.**

*This workshop is restricted to instructors who have taken the Osteofit Instructor training course. It was recorded by Mediasite for online access. Access to the workshop will be emailed to you upon receipt of registration and payment. Contact Debbie Cheong for more information.*

**4.0 BCRPA continuing education credits assigned upon achieving 80% on the accompanying multiple choice quiz. Certificate will be provided when quiz is submitted.**

Fee: **Registered** Osteofit Instructors \_\_\_\_\_ \$ 40.00 (**Osteofit ICE within the past 3 years**)  
Others \_\_\_\_\_ \$50.00

**Date of last Osteofit ICE:** \_\_\_\_\_

### **PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_ e-mail \_\_\_\_\_

**BCRPA ID #** \_\_\_\_\_ **CFES ID #** \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone: \_\_\_\_\_

Fee Enclosed: \_\_\_\_\_ (*Please make cheque payable to: **PHSA- BC Women's Osteofit***)  
Contact us for credit card payments. Do **NOT** include credit card information on this form.

For more information contact:

[debbie.cheong@cw.bc.ca](mailto:debbie.cheong@cw.bc.ca)

604-875-2424 x 5511

### **Mail to:**

Osteofit

Mailbox 103, E216- BC Women's Health Centre

4500 Oak Street | Vancouver BC | V6H 3N1

For Finance use only:

00020-01-1202485-75521610-100