

**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 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. For this workshop you will need:

- **Chair**
- **Resistance band**
- **Yoga mat**
- **Dumbbells**

**4.0 BCRPA continuing education credits will be assigned once this workshop is complete.** The workshop has 2 parts: learning and a multiple choice quiz. You will find the quiz at the end of the workshop. You will be awarded a certification of completion upon achieving 80% on the quiz.

**Note:** This workshop is restricted to instructors who have taken the Osteofit Instructor training course. Please complete the form below and email it to [osteofit@cw.bc.ca](mailto:osteofit@cw.bc.ca). Access to the workshop will be emailed to you upon receipt of this registration form.

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

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

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

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

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

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For Finance use only: 00020-01-1202485-75521610-100