

Information

Course Locations

May 20, 2016 – Ithaca, NY

The Hotel Ithaca
222 South Cayuga Street
Ithaca, NY 14850
Phone: (607) 272-1000

May 22, 2016 – Buffalo, NY

Hilton Garden Inn – Buffalo Airport
4201 Genesee Street
Buffalo, NY 14225
Phone: (716) 932-2727

Registration Fee*

\$210 Early Bird (May 5, 2016 or before)
per person

\$249 Regular (May 6, 2016 or after)
per person

* NYSOTA members receive 10%
discount. Must use Coupon Code
"NYSOTA10"

Special Group discounts available.

Please identify any special needs at least
5 days or more in advance.

Registration fees cover admission to the
course, Dr. Betty Perkins-Carpenter's
Book "How to Prevent Falls", Stretching in
Bed Guide, and a Continuing Education
Certificate for 8 CCHs.

TO REGISTER:

You may register electronically using a
credit card payment by going to
FallPreventionTrainer.com/register-now/
or by calling (248) 562-7111.

Cancellation Policy

Cancellation or refund requests will be
accepted up to 72 hours before date of
the course. Refunds will reflect a \$25
cancellation/ administrative fee. After
that date refunds will not be issued for
any reason. All requests for cancellations
should be emailed to
info@FallPreventionTrainer.com.

Questions?

Contact Customer Service
Fall Prevention Training Services, LLC
26111 W. 14 Mile Road, Suite 105
Franklin, MI 48025
Phone: (248) 562-7111
Facsimile: (248) 209-1748
Email: info@FallPreventionTrainer.com

Fall Prevention Training Services, LLC
26111 W. 14 Mile Road, Suite 105
Franklin, MI 48025-1170



OTs & OTAs
earn 8 CCHs

Fall Prevention Training Course

The Six-Step Balance System™
By Dr. Betty Perkins-Carpenter



May 20, 2016
Ithaca, NY

May 22, 2016
Buffalo, NY

Presented by
Fall Prevention Training Services, LLC

Plan now to join us for a course for Occupational Therapists, Assistants & other health care professionals and injury prevention advocates*.

Description

A unique, fun and successful approach to fall prevention! The Six-Step Balance System™ is a powerful program, designed to help individuals prevent falls by practicing a series of fun movements and exercises. Participants learn to discover the body's natural ability to balance, increase leg strength, improve mobility, flexibility and reduce the FEAR of falling.

* Course Limited to 20 Attendees

Presenter

Sharon Claye

Master Trainer, Six-Step Balance System™

President/Owner, Fall Prevention Training Services, LLC



Agenda

7:30 – 8:00 am Registration

8:00 – 9:00 am Program Overview

9:00 – 10:00 am Step One, Stretching in Bed

10:00 – 10:15 am Break

10:15 – 10:45 am Course Work (Interactive)

10:45 – 11:45 am Step Two, Balance Exercises

11:45 am – 12:15 pm Intro to Balance Beam

12:15 - 1:15 pm Lunch (On Your Own)

1:15 – 2:15 pm Step Three, Ball Handling
Activities Course Work (Interactive)

2:15 – 2:30 pm Step Four, Walking While
Talking on the Phone

2:30 – 3:00 pm Step Five, Ten Martini Slump

3:00 – 3:30 pm Course Work (Interactive)

3:30 – 3:45 pm Break

3:45 – 4:00 pm Step Six, Dancing with a Pillow

4:00 – 5:00 pm Practical Application/Problem
Solving Course Work (Interactive)

5:00 – 5:30 pm Final Q&As
Evaluation

Course Objectives

Upon completion of this course, participants will be able to:

1. Describe the Six-Step Balance System™, along with the research and science behind each step;
2. Teach patients how to discover the body's natural ability to balance;
3. Teach patients exercises and strategies to increase their leg strength, improve mobility and reduce the fear of falling; and
4. Describe fall prevention tips and strategies for safety in their homes.

Contact Us

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Franklin, MI 48025-1170

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(844) 278-6732

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Email: info@FallPreventionTrainer.com

Website: FallPreventionTrainer.com

Facebook: [Fall Prevention Training Services](https://www.facebook.com/FallPreventionTrainingServices)



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