

# Information

New York Course Locations

## February 2, 2018 – Albany, NY

Hampton Inn Albany Western Ave  
1442 Western Ave  
Albany, NY 12203  
Phone: (518) 448-4600

## February 4, 2018 – White Plains, NY

Hampton Inn White Plains/Tarrytown  
200 West Main Street  
Elmsford, NY 10523  
Phone: (914) 592-5680

### Registration Fee

\$210 per person Early Bird (January 4 or before)

\$249 per person Regular (January 5, or after)

### Call for Special Group Discounts

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

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

### TO REGISTER:

You may register electronically using a credit card payment by going to [FallPreventionTrainer.com/register-now/](http://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 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](mailto: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](mailto:info@FallPreventionTrainer.com)

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



# Fall Prevention Training Course

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



February 2, 2018  
Albany, NY

February 4, 2018  
White Plains, NY

Presented by  
Fall Prevention Training Services, LLC

OTs and  
OTAs earn 8  
CCHs

Plan now to join us for a course for Occupational Therapists and Assistants, Activity 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

## Course Objectives

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

1. Describe the Six-Step Balance System™, along with the 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 environment.

## Contact Us

Fall Prevention Training Services, LLC

Telephone: (844) 2-STOP FALLS or  
(844) 278-6732

Facsimile: (248) 209-1748

Email: [info@FallPreventionTrainer.com](mailto:info@FallPreventionTrainer.com)

Website: [FallPreventionTrainer.com](http://FallPreventionTrainer.com)

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



NEW YORK: The New York State Occupational Therapy Association (NYSOTA) has approved this course for 8 CCHs.

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