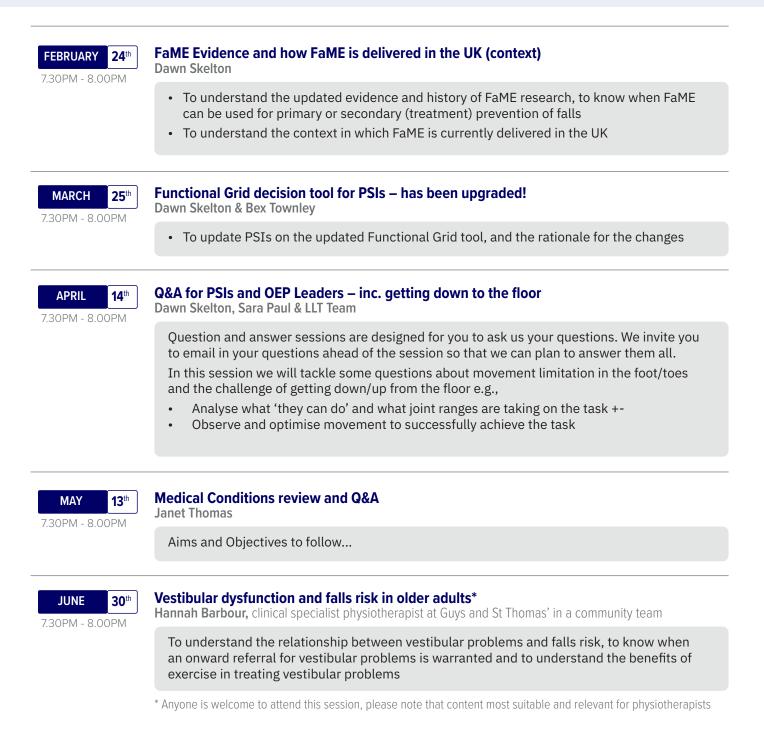
## **LLT Education Connect** Bite Sized Learning Schedule 2025



## CONTENT ONLY AVAILABLE TO LLT EDUCATION CONNECT MEMBERS

LLT Education Connect Members can enjoy another year of best practice conversations and learning. **LLT Education Connect Membership is £50 per year** and available to anyone who has completed an assessed training course with us, content is most relevant for PSIs and OEP Leaders. Email Louise on **info@laterlifetraining.co.uk to sign up.** 

All sessions will take place on the Education Connect Membership Forum on our e-learning portal. Sessions will be recorded, and can be rewatched at a later date.



<b>JULY 29</b> <sup>th</sup> 7.30PM - 8.00PM	Medical Conditions review and Q&A Louise Egan
	In this session Louise will overview the new resource in the recently updated PSI Training Manual.
<b>AUGUST 21</b> <sup>st</sup> 7.30PM - 8.00PM	Q&A for PSIs and OEP Leaders LLT Team
	Question and answer sessions are designed for you to ask us your questions. We invite you to email in your questions ahead of the session so that we can plan to answer them all. <b>Email questions to bex@laterlifetraining.co.uk</b>
<b>AUGUST 26<sup>th</sup></b> 7.30PM - 8.00PM	Evidence for exercise (movement) snacking Dawn Skelton
	To understand the evidence-base behind increasing light activity or exercising in small, short bouts (snacking)
<b>SEPTEMBER 18</b> <sup>th</sup> 7.30PM - 8.00PM	"In it For the Long Run" The challenges of maintaining physical activity and becoming Active for Life Bob Laventure
	This CPD session will look at how the exercise instructor can adopt practical strategies that can support participation over time and in particular, when programmes or services come to an end
	By the end of this CPD session participants will be able to:
	<ul> <li>Describe what evidence-based support strategies can be used to maintain participation</li> <li>Reflect on how these can apply to their own current and future practice</li> </ul>
<b>OCTOBER 27</b> <sup>th</sup> 7.30PM - 8.00PM	Floor rise skills, self-efficacy and fear of falls Dawn Skelton
	To understand the evidence-base behind re-skilling participants in getting up from the floor (or of watching videos or the instructor do this on a regular basis) and effects on falls self- efficacy and fear of falls
<b>NOVEMBER 10</b> <sup>th</sup> 7.30PM - 8.00PM	Q&A for PSIs and OEP Leaders LLT Team
	Question and answer sessions are designed for you to ask us your questions. We invite you to email in your questions ahead of the session so that we can plan to answer them all. <b>Email questions to bex@laterlifetraining.co.uk</b>