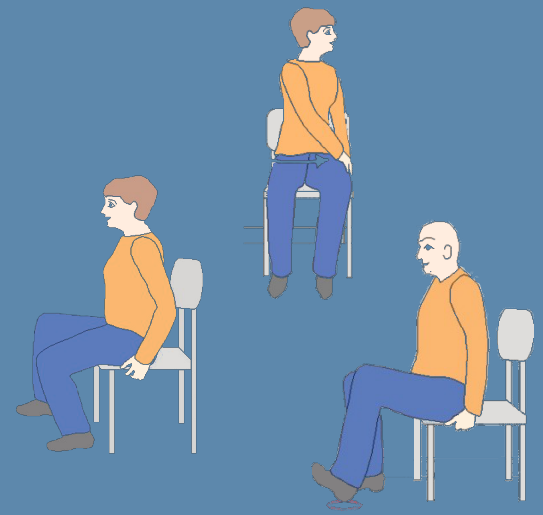


CBE Learning Modules

"There's more to chair based exercise than sitting down to exercise"

Virtually delivered, 'live', interactive learning events hosted by Bex Townley on our e-learning portal



LIMITED SPACES AVAILABLE - For a list of current dates please visit laterlifetraining.co.uk/course-date

- MODULE 1** 5 commonly missed opportunities to support seated participants to get even more benefit from your seated exercise sessions
- MODULE 2** Resistance bands - Getting to grips with optimum resistance, anchor points and angles for seated resistance exercises
- MODULE 3** Where and how can seated exercise become part of a falls prevention journey? Practical content and crucial knowledge to have about CBE and falls prevention

ALL 3 MODULES FOR

£20
+VAT

*OR FREE with:



*All candidates, including Education Connect members are required to book their place via the website

Who is this learning event for?

Following our [CBE statement in June 2021](#), here is the first of our new programme of virtual bite-sized learning available to and designed for anyone who has already completed a chair based exercise training course/qualification

Practice-based Content:

- ✓ Each session is 45 minutes
- ✓ Each session is interactive and practical in nature and therefore requires you to be available live with webcams and microphones on (NB. Missed sessions cannot be caught up, i.e no recordings will be made so don't miss the lives)
- ✓ Content includes; practical demonstrations, observation and analysis, critical thinking & application, skills rehearsal, facilitated discussion
- ✓ Groups will be kept to a maximum of 9 (**booking required** for members and non-members)

ALL SESSIONS WILL BE HOSTED ON MICROSOFT TEAMS

To attend your online face to face training via Microsoft Teams, we recommend using the most up to date version of Chrome, Firefox or Microsoft Edge. For a full list of compatible web browsers [please see here](#). Where possible we recommend using a laptop or desktop computer.