

**5th June
9.30am -
2.30pm**

Strength and Balance Workshop for Healthcare Settings

Join us for a 4.5 hour workshop that explains why walking, plus strength and balance provide the key to active older age. You will spend time learning how to encourage mobility and activity and build strength and balance into daily care.

This course is delivered by qualified trainers with extensive experience in health and social care.

Book your place now via the [Care Home Collaborative website](https://www.carehomecollaborative.co.uk) or scan the QR code below. Tea/coffee will be provided and there is an on-site café to purchase lunch.

Learning Outcomes

- Understand the physical, social and well-being effects of ageing
- Understand the benefits of being active
- Be aware of the current physical activity guidelines
- Understand why walking with strength and balance is important
- Try out and practice strength and balance



Venue

**Erskine Care Home
Bishopton, PA7 5PU
For any queries contact:
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