Unique training developed for students in a degree program in Scienze Motorie at Università degli Studi di Verona

Sessions held at the Canadian Centre for Activity and Aging in London, Ontario, Canada

In Canada! Session 1: February 2018
Session 2: August 2018
$1500 CAD (airfare and accommodation are responsibility of the student)

Interested students please contact Clara Fitzgerald, Director: ccaa@uwo.ca

This five-week program will incorporate training in all of the following:

**Seniors' Fitness Instructor Course (SFIC) – Fast Track***
Developed by academic researchers and experts in the field to address a need for training and information about appropriate physical activity programs for older adults.

**Functional Fitness for Falls Prevention (FFFP)**
Designed to help you initiate effective fall prevention initiatives in the community or a facility.

**BALL-Facilitator**
Certification that enables you to lead workshops on including exercise balls into functional mobility programs for both higher and lower functioning older adults.

*Includes placement opportunities directly within CCAA’s SFIC-based exercise programs and the opportunity to complete SFIC certification.*