



SAIL

Stay Active & Independent for Life

Exercise Instructor Training

- What:** A research-based exercise program that will enhance your knowledge of exercise for older adults.
- When:** On-line course begins January 12, 2012 and lasts 10 weeks.
- Where:** Complete the on-line course in the comfort of your own home!
- Why:** To increase activity level, and prevent falls among the older adults that you work with.
- Who:** Anyone interested in learning the latest evidence about exercise for the older adult population; anyone interested in leading a SAIL Program in their community; anyone interested in public health programs that prevent falls in older adults.
Allied health care professionals are eligible to earn CEU for their professional license; contact your board to determine your CE requirements and to check for approval.
- Cost:** The on-line course costs \$185. Twenty hours of continuing education are awarded upon successful completion of the course.

for more information visit

www.pierce.ctc.edu/el/sail