

## Information

### Course Location

#### **October 15, 2017 – Orlando, FL**

Hampton Inn – Orlando/Downtown South  
43 W. Columbia Street  
Orlando, FL 32806  
Phone: (407) 270-6460

#### **Registration Fee**

\$210 per person Early Bird (October 5, 2017 or before)  
\$249 per person Regular (October 6, 2017 or after)

#### **Call for Special Group Discounts**

Please identify any special needs at least 5 days or more in advance.

Registration fees cover admission to the course, Dr. Betty Perkins-Carpenter's Book "How to Prevent Falls", Stretching in Bed Guide, and Continuing Education Certificate for 8 CEUs.

#### **TO REGISTER:**

You may register electronically using a credit card payment by going to [FallPreventionTrainer.com/register-now/](http://FallPreventionTrainer.com/register-now/) or by calling (248) 562-7111

#### **Cancellation Policy**

Cancellation or refund requests will be accepted up to 72 hours before date of course. Refunds will reflect a \$25 cancellation/ administrative fee. After that date refunds will not be issued for any reason. All requests for cancellations should be emailed to [info@FallPreventionTrainer.com](mailto:info@FallPreventionTrainer.com).

#### **Questions?**

Contact Customer Service  
Fall Prevention Training Services, LLC  
26111 W. 14 Mile Road, Suite 105  
Franklin, MI 48025  
Phone: (248) 562-7111  
Facsimile: (248) 209-1748  
Email: [info@FallPreventionTrainer.com](mailto:info@FallPreventionTrainer.com)

Fall Prevention Training Services, LLC  
26111 W. 14 Mile Road, Suite 105  
Franklin, MI 48025-1170



OTs, PTs and  
Assistants earn  
8 CEUs

# Fall Prevention Training Course

The Six-Step Balance System™  
By Dr. Betty Perkins-Carpenter



October 15, 2017  
Orlando, FL

Presented by  
Fall Prevention Training Services, LLC

Plan now to join us for a course for Occupational & Physical Therapists, Assistants, Activity Professionals, and injury prevention advocates\*.

## Description

A unique, fun and successful approach to fall prevention! The Six-Step Balance System™ is a powerful program, designed to help individuals prevent falls by practicing a series of fun movements and exercises. Participants learn to discover the body's natural ability to balance, increase leg strength, improve mobility, flexibility and reduce the FEAR of falling.

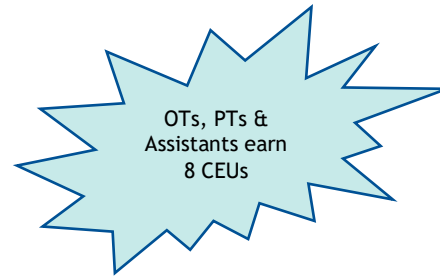
\* Course Limited to 20 Attendees

## Presenter

Sharon Claye

Master Trainer, Six-Step Balance System™

President/Owner, Fall Prevention Training Services, LLC



## Agenda

7:30 – 8:00 am Registration

8:00 – 9:00 am Program Overview

9:00 – 10:00 am Step One, Stretching in Bed

10:00 – 10:15 am Break

10:15 – 10:45 am Course Work (Interactive)

10:45 – 11:45 am Step Two, Balance Exercises

11:45 am – 12:15 pm Intro to Balance Beam

12:15 – 1:15 pm Lunch (On Your Own)

1:15 – 2:15 pm Step Three, Ball Handling Activities Course Work (Interactive)

2:15 – 2:30 pm Step Four, Walking While Talking on the Phone

2:30 – 3:00 pm Step Five, Ten Martini Slump

3:00 – 3:30 pm Course Work (Interactive)

3:30 – 3:45 pm Break

3:45 – 4:00 pm Step Six, Dancing with a Pillow

4:00 – 5:00 pm Practical Application/Problem Solving Course Work (Interactive)

5:00 – 5:30 pm Final Q&As

## Course Objectives

Upon completion of this course, participants will be able to:

1. Describe the Six-Step Balance System™, along with the science behind each step;
2. Teach patients how to discover the body's natural ability to balance;
3. Teach patients exercises and strategies to increase their leg strength, improve mobility and reduce the fear of falling; and
4. Describe fall prevention tips and strategies for safety in their environment.

## Contact Us

Fall Prevention Training Services, LLC  
26111 W. 14 Mile Road, Suite 105  
Franklin, MI 48025-1170

Telephone: (844) 2-STOP FALLS or  
(844) 278-6732

Facsimile: (248) 209-1748

Email: [info@FallPreventionTrainer.com](mailto:info@FallPreventionTrainer.com)

Website: [FallPreventionTrainer.com](http://FallPreventionTrainer.com)

Facebook: [Fall Prevention Training Services](https://www.facebook.com/FallPreventionTrainingServices)



FLORIDA: This course has been sanctioned by the Florida Occupational Therapy Association (FOTA) for 8 contact hours. Sanctioning of this course does not imply endorsement of specific content, products or clinical procedures by FOTA. Course #20-551531.

The Florida Board of Physical Therapy Practice has approved this Course #20-576771 for 8 contact hours.

NCCAP: NCCAP pre-approved for 8 Clock Hours, Number NCCAP50041-18, expires 7/6/18.