

ACTIVATOR

Trainers

Workshop



LAOIS SPORTS PARTNERSHIP
COMHAR SPÓIRT NA LAOISE

— SPORT IRELAND —

Gandon Inn, Emo, Co. Laois
Monday Mar 23rd & Mar 30th (6pm - 9pm)



Participants at this workshop will learn

- (a) how ACTIVATOR Poles can be used to enhance balance and other components of functional fitness;
- (b) how to deliver the new *ACTIVATOR Programme*.

Participants should hold a professional qualification in Physical/Physiotherapy, Exercise & Fitness, Physical Education (or equivalent), and have experience in leading activity with older people or people with balance concerns or mobility issues.



Rialtas na hÉireann
Government of Ireland

