



CALLING ALL L3 INSTRUCTORS

Are you interested in qualifying to deliver **REACT** – a scientifically proven programme designed to improve lower limb function, strength and balance in older adults (www.activeageingresearch.org/results)

Training will include a practical, interactive overview of **REACT** session content and exercise progressions, plus guidance on participant motivation and behaviour change maintenance.

VENUE

St Paul's Community Sports Academy
Newfoundland Rd, St Paul's, Bristol BS2 9NH

TIME

Friday 2nd June
1-4pm

WHO IS IT FOR

Level 3 qualified
instructors

COST

FREE

To find out more or to book email Alistair MacFarlane alistairmacfarlane@everyoneactive.com as soon as possible as places are limited.

Photo credit: Alex Rotas

