



Six-Step Balance System™

SUMMARY: This 8 hour Continuing Education (CE) course teaches a unique, fun and successful approach to fall prevention! The Six-Step Balance System™ is a powerful yet simple program, designed to help individuals prevent falls by practicing and repeating a series of movements and simple exercises regularly. It includes FUN activities like practicing: Stretching in Bed, “Jiggle, Wiggle & Wise” and “Dancing with Your Pillow”.

This program uses the book “How to Prevent Falls: Better Balance, Independence and Energy in Six Simple Steps” by Dr. Betty Perkins-Carpenter as the text. Each participant receives their own book as well as Stretching in Bed Guide.

Our fall prevention program can easily be used in group activity session or one-on-one.

To view the course brochure, click here: [Brochure](#)

For more information about our October 6, 2019 Fairbanks event: [Fairbanks](#)

TO REGISTER: <https://fallpreventiontrainer.com/register-now/>. Special Group discounts are available.

ANNOUNCING: Special AKPTA Members Only Discount [expires September 17, 2019](#). Use Coupon Code “AK10” to [save 10%](#) at registration.

CONTACT:

Fall Prevention Training Services, LLC

Email: info@FallPreventionTrainer.com

Direct: (248) 562-7111

Toll Free: (844) 278-6732

Website: <https://FallPreventionTrainer.com/>

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