

**Venue:** Chancellors Conference Centre, Chancellors Way, Moseley Road, Fallowfield, Manchester, M14 6NN

Welcome to the first Later Life Training Conference for Level 4 PSI & EfS Exercise Specialists. We have an exciting programme of keynotes from renowned researchers in the area and practical workshops to help you in your delivery of evidence based, effective, fun exercise opportunities for frailer older people.

### Saturday 10<sup>th</sup> Sept 2011

12.00-12.45	Registration and Hot and Cold Buffet Lunch
12.45-13.15	Welcome, Housekeeping and Introductions – <b>Dr Dawn Skelton, Dr Susie Dinan-Young and Bob Laventure</b>
13.15-14.15	<b>Keynote:</b> Historical View on Exercise and Falls Prevention – <b>Professor A John Campbell</b>
14.15-14.45	Refreshments Break
14.45-16.15	Choice of WORKSHOP 1
16.15-16.30	Comfort Break
16.30-18.00	Choice of WORKSHOP 2
19.30-22.00	Conference Dinner

### Sunday 11<sup>th</sup> Sept 2011

09.00-09.30	Refreshments and networking
09.30-10.00	<b>Keynote:</b> Historical View on Exercise and Stroke – <b>Dr Frederike Van Wijck</b>
10.00-10.30	Refreshments Break
10.30-12.00	Choice of WORKSHOP 3
12.00-13.00	Hot and Cold Buffet Lunch
13.00-14.30	Choice of WORKSHOP 4
14.30-15.00	Refreshments Break
15.00-15.45	<b>Keynote:</b> Where next in exercise and frailty? – <b>Professor Stephen Lord and Assoc Prof Jacqueline Close</b>
15.45-16.00	Summary and Close