

**CANCELLATION:**

No refunds within 7 days before training date.

**Please indicate which training date you will be attending:**

- Clermont 23<sup>rd</sup> July
- Mackay 30<sup>th</sup> July
- Bowen 20<sup>th</sup> Aug

On receipt of your Registration and Enrolment forms and fee (if applicable), notification of the venue and your successful place in the training will be confirmed.

**Please complete your registration form & Enrolment form and Send (email) the 2 forms and a copy of the bank deposit to:**

Barb Whitfield  
Queensland Keep Fit Association Inc.  
[barbwhitfieldqkfa@yahoo.com.au](mailto:barbwhitfieldqkfa@yahoo.com.au)

Telephone (07) 49575178

Or if you prefer to post:  
PO BOX 3125, Nth Mackay 4740

**Keeping Queenslanders Fit  
for over  
70 years**



**“To enhance the quality of life for all Queenslanders”**

[www.qldkeepfit.com.au](http://www.qldkeepfit.com.au)

**Supported by Queensland Health  
Queensland Stay On Your Feet®**



***Ageing with vitality*  
Facilitator  
1 Day  
Training Course**

Clermont 23<sup>rd</sup> July  
Mackay 30<sup>th</sup> July  
Bowen 20<sup>th</sup> Aug

7:30am – 5pm



Queensland Keep Fit Association  
Incorporated



**Ageing with vitality** facilitator training is a dynamic 1 day interactive program that will increase your income and confidence by providing you the opportunity to learn additional skills and strategies when assisting older adults to increase their physical activity.



The training will be lead by a highly qualified health professional with over 20 years experience with older adults in the health and wellness area.

On the successful completion of the one day training you will be competent in facilitating your own *Ageing with vitality* program.

There are no ongoing fees to pay and you will receive supplementary support when commencing your own programs.

*Ageing with vitality* is a group based healthy lifestyle support program, which employs a behaviour change approach to improving health and well being, preventing chronic disease and falls prevention in the older adult.

The program emphasises being physically active and making healthy lifestyle changes including understanding and implementing appropriate exercise choices, realistic goal setting and planning.

It is preferred that those undertaking the facilitator training have prior experience, knowledge and an understanding of exercise prescription in older adults however those that can demonstrate a relevant linkage in qualifications / employment / experience may apply.

Fitness Australia registered instructors undertaking this training will receive CECS (7 pending) towards their professional development.

Registration Form:

Name .....

Address.....

.....Postcode.....

Phone (h)..... (w).....

Mobile.....

Email.....

**Registration fee includes:**

Training resources, m/t, lunch, a/t, supplementary support when commencing your own programs.

**Special fee for QKFA Inc.**

**Members:**

- No cost Instructor
- \$5.00 Affiliate

**Non QKFA Members**

- \$20.00

**Note: As places are limited  
Registration form, Enrolment form and  
fee must be received no less than 9 days  
before training date.**

**Enclosed is my fee of \$ \_\_\_\_\_**

**Please make out to:**

Qld Keep Fit Association Inc

Money Order  Cheque  EFT

BSB: 656400 Account: 600291219

Please include a copy of bank deposit