



What: Strong for Life Coaches Training

When: Tuesday, June 30th 2015

Time: 8am to 12pm

Location: Inman Pace

17 E University Ave— Champaign, IL 61820

Are you an individual who is interested in assisting the senior population in maintaining their independence and wellness of life?

Well then Strong for Life is for you!

Strong for Life is a strengthening exercise program designed by physical therapists for home use by older adults (60 and over) to improve strength, balance, and overall health.

Strong for Life coaches work with participants to complete all initial intake forms as well as monthly and ongoing forms, monitor exercises to make sure participants are performing exercises correctly, help implement exercise program in participants home if needed, and much more.

This program is provided at no cost to the trainers or participants. All materials are provided.

Call Strong for Life at 217-428-0013 to reserve your spot