

Strengthening For Older Adults

Chicago conference (April 11-14) has it all! Here's a sampling...

- Gentle Strength Training (Mary Wykle, PhD, ATRIC): *Restoring a baseline of strength enables therapy and rehab to move forward with achieving functional goals.*
- Osteoporosis (Biondi): *Typically, the concept of weight-bearing exercise does not lend itself to the water, but the current literature says water is a beneficial alternative for the osteoporosis individual.*
- Functional Improvements for Older Adults (Biondi): *Using objective testing to quantify improvement, we'll define specific, simple functional activities that are within the repertoire for the modern-day older adult*

To Register for Chicago:

Click Here to Register - <http://www.atri.org/Register.htm>. You can click on www.atri.org to read complete course descriptions.

If you want to register by phone, please call 866-462-2874. Have your credit card and registration form in front of you with courses chosen.

Questions: atri@atri.org