
Basics & Clinical – Day 1 Topics

7:30am – 8:00am	Registration & Breakfast (provided)
8:00am – 9:30am	Welcome & Introductory Talk
9:30am – 10:15am	Introduction to Functional Movement Adaptations
10:15am – 10:30am	Mix & Mingle Coffee Break
10:30am – 12:00pm	Osteoporosis Assessment (Clinicians) Determining Preparedness for Exercising Safely: Screening Tools Practice Using Assessment/Screening Tools
12:00pm – 12:45pm	Networking Lunch
12:45pm – 1:45pm	Posture, Gait, Balance, Transfers & Transitions
1:45pm – 3:00pm	Introduction to Bonefit Exercises
3:00pm – 3:15pm	Coffee Break
3:15pm – 4:00pm	Yoga, Pilates & Gym Exercise Guidelines
4:00pm – 5:00pm	Case Studies for Community Exercise (*Day 1 participants only)

Clinical – Day 2 Topics

8:00am – 8:30am	Breakfast (provided)
8:30am – 10:30am	Advanced Bonefit Exercises
10:30am – 10:45am	Coffee Break
10:45am – 12:00pm	Scapular Stabilizer Series & Foam Roller
12:00pm – 12:45pm	Lunch
12:45pm – 2:00pm	Creative Combination of Exercises Group Work
2:00pm – 3:00pm	Complex Clinical Cases
3:00pm – 3:30pm	Wrap-Up, Q&A

*On Day 1 of the workshop, Basics participants stay until 5:00pm while Clinical participants end at 4:00pm.