

Prevent Falls and Enhance Your Mobility

Come and join us for an evening of presentations regarding the latest knowledge in falls prevention, including key risk factors, exercises that are most effective in reducing falls, and how we can help those at risk for falls to uptake recommendations.

Light refreshments will be provided.



Dr. Stephen Lord

Stephen Lord, PhD, is a Senior Principal Research Fellow at Neuroscience Research Australia. He is a recognized leading international researcher in the field of falls and fracture prevention. His methodology and approach to fall-risk assessment has been globally adopted by researchers and clinicians.



Dr. Teresa Liu-Ambrose

Professor Teresa Liu-Ambrose, PhD, PT, UBC Department of Physical Therapy, is a Canada Research Chair (Tier 2) in Physical Activity, Mobility, and Cognitive Health. Dr. Liu-Ambrose is known internationally for her work in randomized controlled trials of exercise with cognitive and mobility outcomes in older adults. Her research findings have been implemented in health authorities and influenced international practice guidelines to promote healthy aging.



Bob Laventure

Bob Laventure is a Director of Later Life Training, a UK/Europe wide company that trains health professionals, physiotherapists, exercise teachers and leaders working with older people.



Dr. Dawn Skelton

Dawn Skelton, PhD, is a Professor in Ageing and Health at Glasgow Caledonian University. She is a regular Keynote speaker around the world on falls prevention and exercise in older people. She recently received the British Geriatrics Society Marjory Warren Lifetime Achievement Award for her work in translating falls prevention research into practice.

May 5th, 2018 at 4:30 - 6pm (Registration at 4pm)

University of British Columbia Okanagan, EME Building

1137 Alumni Avenue, Kelowna

Limited Space. Register by Monday, April 30, 2018 at

<https://cogmobkelowna.eventbrite.ca> or via email at:

cogmob.research@hiphealth.ca