



Finding Balance: Dual Task, Cognition, and Vestibular Exercises

Instructed by Tera Mezynski, B(Sc) Kinesiology, M(Sc) Physical Therapy & Kerry Carlson, B(Sc) Physiology, B(Sc) Physical Therapy

Registration Deadline: May 18, 2026

Date:	Course begins the first week of June, with an official launch date June 1, 2026 *Minimum 10 participants
Location:	Self-paced, 8-hour online course , including one (1) year of access to course content, a downloadable activity handout, and a 1-hour live virtual Q&A session on Wednesday, October 21, 2026, from 6:00–7:00 pm AST . <i>Please see disclaimer below for important completion requirements.</i>
Fee:	\$189 (ANBMT Member) The total value saved for the course + live session is \$100.00. (PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
CEUs:	8 hours + 1 hour Q & A session *Active Initiatives will complete the required supplementary verification letter. *Student members are eligible to take this certification.

****Important Disclaimer: The course must be completed by October 21, 2026, prior to the start of the 1-hour live virtual Q&A session scheduled from *6:00–7:00 pm AST.***

Course Details

- This is a self-paced, 8-hour virtual course offered through the Thinkific™ platform.
- There is limited access (1 yr) to the self-paced course. (Must be completed by October 21, 2026.)
- Instructors are available throughout the year to answer any questions during the course via email.
- Lifetime access to handouts as they are PDF and can be printed off and saved by registrants.
- **Active Initiatives will provide registrants with login information prior to the course launch date on June 1, 2026.**

Learn the latest research on how best to incorporate thinking, vestibular, and dual tasks into your exercises to improve balance and selective attention. What is vertigo and how can you recognize it? Help your clients reduce risk of falling and improve function in the real world. All registrants leave with a toolbox full of activities they can implement immediately into their practice.

Self-Paced Course Topics:

- Learn the systems of model of balance and other influences of balance
- Understand balance strategies for static and dynamic balance
- Learn about BPPV so that you can direct your clients for best practice care
- Learn about dual task and why and how we use it
- Master exercises for dual task, cognition, vision, static and dynamic balance
- Learn how cognition influences balance and the concept of “Thinking while Moving, Moving while Thinking”

1-hour Live Virtual Session:

- Live virtual Q&A scheduled, **October 21, 2026 from 6pm-7pm (AST)** on Zoom.
- The instructors will discuss the content covered in the self-paced module.
- The instructors answer questions submitted by registrants.
- The session will be recorded for all registrants that are unable to attend.

About the Instructors

Tera Mezynski, B(Sc) Kinesiology, M(Sc) Physical Therapy

Tera is a physiotherapist who has worked in the healthcare industry for over 15 years in all settings including hospital, private practice, and exercise rehabilitation. Tera has extensive training in lower limb arthroplasty and has helped develop surgical pathways. Neuromuscular exercise, muscle patterning, and exercise prescription are some of her areas of expertise and passion. Tera's presentation style and knowledge are empowering, and her enthusiasm is contagious, whether the workshop is self-paced or live.

Kerry Carlson, B(Sc) Physiology, B(Sc) Physical Therapy

Kerry has over 25+ years of experience in all areas of physical therapy, including injury rehabilitation and health promotion. Kerry believes that a little movement throughout the day goes a long way and that small changes can significantly improve our health. Kerry has a gift for developing programs for 1:1 or group for osteoarthritis, balance, cognition, and dual tasking that are second to none. She is an unbelievable presenter who shares her knowledge of research in such a way that you can't help but be drawn in and enthused. Join Kerry and you'll leave with a sense of energy and readiness to implement what you've learned.



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***Student members are eligible to take this certification.**

***I have read the disclaimer above and understand that the course must be completed by October 21, 2026, prior to the start of the 1-hour live virtual Q&A session scheduled from *6:00–7:00 pm AST.**

****Prior to the course launch on June 1, you will receive an email from Active Initiatives with your login credentials and access instructions.***

(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone:(Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Student Member Non-Member Association _____

Please return the completed registration form by email and submit payment via one of the options below

Method of Payment: Cheque Money order E-transfer Email: anbmt@anbmt.ca

Credit Card ***Please contact the ANBMT anbmt@anbmt.ca to pay by credit card.**

***No refunds will be issued after the registration deadline has passed.**