



## Optimizing the Older Adult

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**

<b>Date:</b>	Course begins the first week of June, with an official launch date <b>June 1, 2026</b> *Minimum 10 participants
<b>Location:</b>	<b>Self-paced, 16-hour online course</b> , including <b>one (1) year of access</b> to all course materials and a <b>1-hour live virtual Q&amp;A session on Wednesday, October 21, 2026, from 7:00–8:00 pm AST</b> . <i>Please see disclaimer below for important completion requirements.</i>
<b>Fee:</b>	<b>\$339</b> (ANBMT Member) The total value saved for the course + live session is \$150.00. (PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
<b>CEUs:</b>	<b>16 hours + 1 hour Q &amp; A session</b> *Active Initiatives will complete the required supplementary verification letter. <b>*Student members are eligible to take this certification.</b>

**\*Important Disclaimer: The course must be completed by October 21, 2026 (before the start of the 1-hour live virtual Q&A session from 7pm-8pm AST).**

### Course Details

- This is a self-paced, 16-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.**

Do you want to feel confident when working with the 55+ population? Learn about what influences aging and how increasing age affects a person physically, cognitively and mentally. This course covers a variety of chronic health conditions (respiratory, cardiac, neurological, diabetes, dementia, cancer). Discover key components for exercise programs for the healthy older adult and the older adult with multiple health concerns. We need to work "upstream" to help this client population to stay out of the hospital and THRIVE! Become an expert in the older adult population, expand your clientele reach and help them to lead their best life.

### Self-Paced Course Topics:

- Understand structural and functional consequences of aging
- Learn about the frailty factor
- Learn about the impacts of sedentary behaviour on older adults and the benefits of movement
- Understand how our brain changes as we age and how exercise can influence this

- Learn about chronic diseases that your clients may have including cardiorespiratory, diabetes, osteoporosis, stroke, arthritis, dementia and more
- Learn key aspects on how to prevent falls in the older adult including key balance exercises
- Master exercise guidelines and exercise prescription for older adults
- Learn key outcome measures and why they are crucial
- Learn about posture and joint stability and how those influence movement, pain, and balance
- Understand key functional movements and how to teach your clients how to do them

### **1-hour Live Virtual Session:**

- Live virtual Q&A scheduled, October 21, 2026 from 7pm-8pm (AST) using the Zoom platform.
- 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.



## Optimizing the Older Adult

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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 (before the start of the 1-hour live virtual Q&A session from 7pm-8pm AST)**.

*\*Prior to the course launch on June 1, you will receive an email 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](mailto:anbmt@anbmt.ca)

Credit Card \*Please contact the ANBMT [anbmt@anbmt.ca](mailto:anbmt@anbmt.ca) to pay by credit card.

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