



WHAT is Ballroom Basics for Balance™ (BB4B)?

BB4B is a group balance class that uses basic dance moves to practice and enhance balance and learn to prevent falls. It's fun as well as instructive; it includes validated pre- and post- testing to measure balance, cognitive function and quality of life. The curriculum is informed by evidence and therapeutic practice...and it's *fun*!

WHAT is this TRAINING?

The goal of this training is to share our curriculum and methods, which you can then 1) teach as a BB4B instructor to YOUR neighborhood or community (***Instructor Track***) or 2) incorporate into your practice (***Enrichment Track***)! You receive:

- Instruction in the key criteria of balance and falls prevention, based in the latest evidence and therapeutic principles.
- Instruction in basic dances and balance practice and how to break them into basics.
- Instruction in guarding and safe mobility.
- Training in administering balance, cognitive and quality of life tests.
- Orientation and access to curriculum, forms, policies and procedures.
- Assistance in setting up a class.
- Access to community and shared resources!

You receive full support of the existing community, but are independent in your practice, allowing for maximum flexibility and fit for the people with whom you work.

We now have two tracks: ***Enrichment*** and ***Instructor***.

1. Register for our 2-hour (2 CEUs/contact hours) *Introduction to Ballroom Basics for Balance™* course (optional). Virtual or (eventually, again) in-person. Enrichment or Instructor Track. Begin using the principles right away!
2. Take our 7-hour (and CEU) *Ballroom Basics for Balance™ Core Curriculum Training*. Enrichment or Instructor Track. Integrate the curriculum into your practice or community! Virtual or (eventually, again) in-person.
3. Instructor Track: Continue to Certification by completing a Practicum.
4. No matter how much training you choose, we invite ALL to continue in community – sharing ideas, resources, and asking questions!



BB4B is growing!

- ***We need YOU!*** Every season we have more classes in more locations, partnering in more communities.
- We continue to pursue opportunities to speak about and demonstrate in the community, and plan to publish an abstract about our work to date.
- **BB4B enjoys 501(c)(3) status** as a program of Center for Community Stewardship! This allows us to raise funds to grow and assist more people to take the class, and more instructors to teach

CEUs will be offered for OT(A)s, PT(A)s. **Contact hour certificates** are offered all others.

More photos and videos of BB4B **HERE**.

We look forward to dancing with you and your community!

