



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 based on evidence and therapeutic practice...and it's fun!

WHAT is this TRAINING?

The goal of this training is to introduce our curriculum and methods. You can use these in your practice and/or join us for more in-depth training. We have two tracks: Enrichment™ track and Instructor track.

AGENDA - This class is participatory! You receive:

- Introduction to the key criteria of balance and falls prevention, based in the latest evidence and therapeutic principles.
- Ideas on how to incorporate rhythm, tempo, and basic dance movements – deconstructed and with music – to help people improve mobility.
- Orientation to administering balance, cognitive and quality of life tests.
- Access to curriculum, community, and shared resources!
- Tailored to your group.

TWO (2) CEUs will be offered for Wisconsin OT(A)s & PT(A)s and others as approved by your jurisdiction. **Contact hours** are offered and potentially for those in the personal training profession. Check back for more information/more TBA.

WHEN:

Various locations and times!
[Contact us](#) to schedule workshop for your group.

WHERE:

Your group or meeting location!

Photos and videos of BB4B [HERE](#).



We look forward to dancing with you and your community!