

Active Neighbourhoods for Older Australians Project Webinar Series



Active Neighbourhoods
for Older Australians

Audience:

For Neighbourhood Houses or Centres across Australia, including Manager, staff, tutors, volunteers and committee.

Purpose:

To provide skills and knowledge to assist in supporting the expansion of Physical Activity programs for older people in all Neighbourhood Houses and Centres across Australia through capacity building, partnership development, and awareness raising of physical activity benefits.

What is a webinar?

A webinar is an educational session that is presented over the internet. All you need to join a webinar is a computer with speakers, an internet connection. If you don't have speakers on your computer, you can dial in via the phone to listen to the webinar while watching it on your computer.

We have also put together a short instructional video to assist you! Visit the link below to view the video: <https://www.youtube.com/watch?v=BGwWqtndEag>

2019 Calendar

No.	Date	Title	Cost
1	Thursday 31 October 2019, 11am to 12pm (AEST)	Active Neighbourhoods for Older Australians Project: an overview of project, funding requirements, training opportunities, support and resources for staff and volunteers.	FREE
2	Thursday 21 November 2019, 1pm to 2pm (AEST)	Tools and strategies to engage older people in physical activity	FREE
3	Thursday 28 November 2019, 11am to 12pm (AEST)	Engaging inactive older people in physical activity: Some tips and ideas	FREE
4	TBC	Physical activity and older people with chronic health conditions	FREE
5	TBC	TBC	FREE
6	TBC	TBC	FREE

Registration deadline: Registrations for each webinar close at 3pm (AEST) that day.

Please note: If you are unsure that you will be able to view a webinar at the time of its screening, you can still register and you will receive a recording of the webinar within a week of its screening. Webinar recordings will also be available to download on our website.

To register or for more information, please visit the ANOA website:
www.msk.org.au/active-neighbourhood

Emma Cross – Project Manager
T: (03) 8531 8020 or email anoa@msk.org.au

Bec Benini – Health Promotion Coordinator
T: (03) 8531 8045 or email anoa@msk.org.au

Musculoskeletal Australia reserves the right to postpone/cancel a session if minimum numbers are not reached.