

| TIME | SESSION | ROOM |
|---------------|--|-------------------------------|
| 09:00 – 09.30 | Registration | |
| 09.30 – 09.45 | Directors' Welcome and Update - Dawn Skelton & Bex Townley | |
| 09.45 – 10.30 | Keynote: Meg Lowry, Next Step Physio "The gameification of therapeutic exercise" Australian Physiotherapist Meg Lowry is a clinician on a mission to help people better shape their course of ageing. This presentation will explore ways that we can inject more FUN and variety into evidence based exercise programs to promote both enjoyment and adherence to exercise. Presented via Skype all the way from Australia , Meg will discuss gameification theory, and with the use of videos she will guide us through practical examples of how we can all gameify strength, balance and cardio exercises. Come to this presentation ready to MOVE because Meg likes to involve the whole audience in an exergame or two! | Innovate |
| 10:30 – 12:15 | Choice of WORKSHOP 1 (refreshments will be available throughout workshop) | <i>See Workshop Programme</i> |
| 12:15 – 13.00 | LLT Geographical networking - meet instructors living/working in your area | Innovate |
| 13:00 – 14:00 | Lunch (included in cost) | Achieve |
| 14:00 – 14:30 | Keynote: Prof Peter Gore, ADL Smartcare & Institute for Ageing, Newcastle University "The ADL LifeCurve™ and the importance of true early intervention: What does this look like and how do we deliver it?" The ADL LifeCurve™ is a tool developed by ADL Research and Newcastle University's Institute for Ageing which is used to map age related functional decline. It provides a framework for understanding the most appropriate stage to intervene and which interventions are most effective. Research has shown that people lose the ability to do Activities of Daily Living in a particular order. By understanding this, we can intervene at the right time to achieve compression of functional decline and increase healthy life expectancy. The right kind of exercise has a crucial role to play in this. | Innovate |
| 14:30 – 16:15 | Choice of WORKSHOP 2 (refreshments will be available throughout workshop) | <i>See Workshop Programme</i> |
| 16:15 – 16:30 | Refreshments | Achieve |
| 16:30 – 18:15 | Choice of WORKSHOP 3 (refreshments will be available throughout workshop) | <i>See Workshop Programme</i> |
| 18:15 – 18:30 | Round-up of day! Dawn Skelton | Innovate |