



RECREATE | REFRESH | REIMAGINE | REENERGIZE

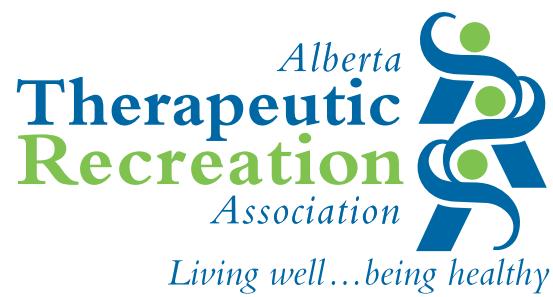


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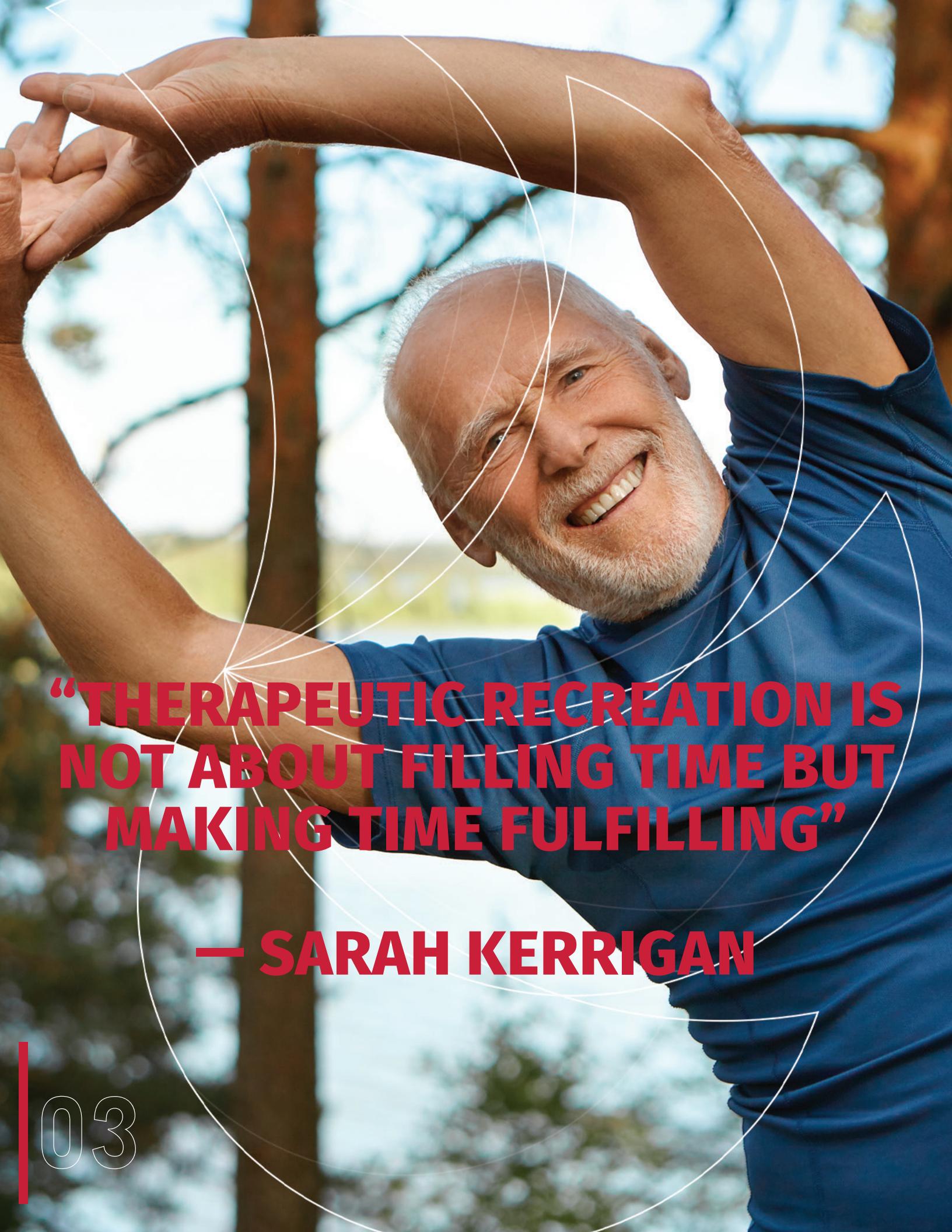
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**“THERAPEUTIC RECREATION IS
NOT ABOUT FILLING TIME BUT
MAKING TIME FULFILLING”**

— SARAH KERRIGAN

WELCOME TO THE 2022 ATRA SYMPOSIUM

Welcome to the 2022 ATRA Symposium, where we plan to Recreate, Reimagine, Refresh and Re-energize!

Our incredible planning committee has been working hard and we are pleased to present an in-person/virtual hybrid symposium for the first time in two years! We are extremely excited to meet again in person to renew old connections and create new ones. As I'm sure most of you are aware, the symposium committees have undergone many changes over the last few years, which means we'll be bringing in some new variety while still keeping with tradition.

The symposium will be at the beautiful Hotel Arts hotel in Calgary. We are very excited to share the social aspects of the symposium, as well as all of the learning opportunities we have lined up. This year's symposium format is a workshop and we have three incredible speakers who will be sharing their expertise. We are offering 10.5 CEUs for all delegates over the course of the two days, and all sessions plan to be NCTRC pre-approved! Those attending both virtually and in person will be able to gain CEUs from this event. Our learning opportunities this year include topics such as learning hands-on skills, resilience, self-compassion, re-energizing our passions, and much more!

Planning a symposium takes a lot of hard work and dedication. We would not have been successful if we didn't have the amazing committee members that we do. Please join us in thanking each of our committee members: Charlotte Thompson, Brandee Elliot, Kateline Hladky, Ashley LaValley, Stephanie Rodgers, Gloria Michael, Kristy Holdis, Cindy Ward, Courtney Barnstable, McKenzie Henderson,

Nikki Buss, Ashley McConnell, Christine Kiddine, Joel Johnston, Randi Hogg, Jaqui Fair, Jayleen Desaunoy, and Valarie Praise Batista. We are so grateful for you and your efforts and could not have done this without you!

We are looking forward to seeing all of the ATRA delegates at this year's symposium. This endeavor would not be possible without you! We know how imperative recreation therapists have been throughout the pandemic, as well as before, and we will continue to be after, and we are grateful for this opportunity to help you create new skills and sharpen old ones. We appreciate your continued support and we hope this year's in-person symposium will be everything you hoped it would be!

The Alberta Therapeutic Recreation Association acknowledges that what we call Alberta is the traditional and ancestral territory of many peoples, presently subject to Treaties 6, 7, and 8. Namely: the Blackfoot Confederacy – Kainai, Piikani, and Siksika – the Cree, Dene, Saulteaux, Nakota Sioux, Stoney Nakoda, and the Tsuu T'ina Nation and the Métis People of Alberta. This includes the Métis Settlements and the Six Regions of the Métis Nation of Alberta within the historical Northwest Metis Homeland. We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

Samara McIntosh *Sidney Jones*
Samara McIntosh Sidney Jones

LETTER FROM KERRY APPLETON

On behalf of the ATRA board of directors and staff, welcome to the 2022 Alberta Therapeutic Recreation Association Symposium! I am so excited that we can finally all meet in person again. It has been a tough few years and we all deserve some time to share with others, network, learn and most importantly to relax and have some fun!

The last two years virtual events were outstanding and I am so thankful we could still proceed with our symposiums, but I am more grateful that we are finally back in person this year. Thank you to the planning committee who has been working extremely hard to plan this event. A big thank you to Samara McIntosh and Sidney Jones for co-chairing this year's event. You have a wonderful team of volunteers so thank you to all the planning committee volunteers!

Thank you to this year's speakers, we appreciate that you are willing to share your knowledge and experience with others so we can all grow our profession.

Finally, thank you to all the attendees for taking the time to advance your knowledge of this wonderful profession and continuing to hone your skills. Have fun and enjoy being around your peers again!

Sincerely,



Kerry Appleton





AGENDA

OCTOBER 27, 2022

THURSDAY, OCTOBER 27, 2022

TIME	ITEM	DESCRIPTION	LOCATION
6:15am - 7:15am	Morning Workout	Kyrsten Blair - Chair Dance	Spectrum 4/5
7:00am - 8:00am	Breakfast		Spectrum 4/5
8:00am - 8:15am	Welcome & Housekeeping	Co-Chairs and ATRA President	Spectrum 4/5
8:15am - 9:45am	Opening Keynote	Sienna Caspar - Resilience in Work and in Life: Exploring the role of self- compassion 1.5 CEU's	Spectrum 4/5
9:45am - 10:00am	Coffee Break		
10:00am - 12:00pm	Workshop	Megan Williamson - Breaking Barriers: Fundamentals of training clients with physical disabilities 2.0 CEU's	Spectrum 4/5
12:00am - 1:00pm	Lunch	12:00pm - 1:00pm Exhibits 12:30pm - 1:00pm Poster Presentations	Spectrum 2/3
1:00pm - 2:30pm	Workshop	Megan Williamson - Breaking Barriers: Fundamentals of training clients with physical disabilities 2.5 CEU's	Spectrum 4/5
2:30pm - 2:45pm	Coffee Break		
2:45pm - 3:45pm	Workshop	Megan Williamson - Breaking Barriers: Fundamentals of training clients with physical disabilities 1.0 CEU	Spectrum 4/5
3:45pm - 4:00pm	Closing words	Co-Chairs	Spectrum 4/5
4:00pm - 5:00pm	Exhibits & Poster Presentations	Various Vendors	Spectrum 2/3
7:30pm-9:30pm	Poolside Social: Ivory Soiree	Wear your best white!	Foyer / Poolside
		Day 1 CEU's: 7 CEU's	



AGENDA

OCTOBER 28, 2022

FRIDAY, OCTOBER 28, 2022

TIME	ITEM	DESCRIPTION	LOCATION
7:00am - 8:00am	Morning Workout	Kyrsten Blair - Mindful Movement	Spectrum 4/5
7:45am - 8:45am	Breakfast Exhibits & Poster Presentations	Post Secondary Institution Educator's Breakfast - Reserved Table Various Vendors	Spectrum 4/5 Spectrum 2/3
8:45am - 9:00am	Welcome / Housekeeping	Co-Chairs	Spectrum 4/5
9:00am - 10:00am	Annual General Meeting	ATRA Board of Directors	Spectrum 4/5
10:00am - 10:15am	Coffee Break		Spectrum 4/5
10:15am - 11:45am	Workshop	Sienna Caspar - Recreation Therapists as change agents: Leading the way towards true person-centered care! 1.5 CEU's	Spectrum 4/5
11:45am - 1:30pm	Awards Lunch	ATRA Awards Committee	Spectrum 4/5
1:30pm - 2:30pm	Closing Keynote	Meagan Young - Getting Rid of the Rut 1 CEU	Spectrum 4/5
2:30pm - 2:45pm	Coffee Break		Spectrum 4/5
2:45pm - 3:45pm	Closing Keynote	Meagan Young - Getting Rid of the Rut 1.0 CEU	Spectrum 4/5
3:45pm - 4:00pm	Closing Address	Co-Chairs & ATRA President	Spectrum 4/5
		Day 2 CEU's: 3.5*	
		Total CEU's: 10.5*	

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KEYNOTE SPEAKER SIENNA CASPAR

Sienna received a B.Sc. in Leisure Services—Therapeutic Recreation from the University of South Alabama in 1990. She has worked in long-term care facilities in both Canada and the United States for over 20 years as both a certified therapeutic recreation specialist (CTRS) and a consultant. She is the author of the MARRCC (Measurable Assessment in Recreation for Resident-Centred Care). In 2003 she was awarded the Clinician of the Year from American Therapeutic Recreation Association. From 2003 to 2007 she was a national trainer for the American Therapeutic Recreation Association's Dementia Practice Guideline for the non-pharmacological treatment of disturbing behaviours. Her research interests include organizational behaviour, leadership, teamwork, non-pharmacological treatment of behavioural and psychological symptoms of dementia, recreational therapy, and culture change. Currently, she is an associate professor at the University of Lethbridge in the Faculty of Health Sciences—Therapeutic Recreation program.



KEYNOTE SPEAKER MEAGAN YOUNG

Meagan Young (B. Rec, CTRS) is a recreation therapist, content creator and well-being enthusiast who provides online education and keynote presentations on topics surrounding burnout prevention, mental well-being, and the therapeutic use of recreation and leisure. From coast to coast (with many stops in between), Meagan has paired her need for adventure with her passion for helping others. Since graduating from Memorial University of NL in 2012, Meagan has taken her Therapeutic Recreation skillset on the road with her. From Eastern Health in Newfoundland & Labrador, to the Tim Horton Children's Foundation in Kentucky, to Right to Play in British Columbia, to Youth Villages in Tennessee, to Florida where she currently manages a TR division in a Parks and Recreation department. Meagan is the Content Creator and Founder of Grow Through Flow LLC. A once hobby blog, Grow Through Flow has turned into a platform and passion for sharing resources and educational materials to support helping professionals overcome burnout and live a flourish. From online courses to keynotes, Meagan has shared her knowledge and enthusiasm with organizations on the state, provincial and national level as well as for some of her favourite brands including Crayola. In her leisure time Meagan loves to travel to new destinations, exploring shorelines on her stand up paddle board, or attempting to create international cuisines at home with her partner Jason.



SESSION: INCLUSIVE FITNESS MEGAN WILLIAMSON

Megan's love and interest in human movement began young. She grew up on Vancouver Island as a classically trained competitive dancer. After graduating from UC Irvine, she leveraged her professional dance training to transition into the extremely competitive fitness industry in Los Angeles, where she quickly became a personal trainer at Equinox. During her time there, she continued her education, focusing on Kinesiology, Anatomy, Physiology, and certifications for Functional Movement Screening (FMS), becoming a Post Rehab Fitness Specialist, Special Population Training, and Precision Nutrition. It was during this time that she started to recognize her passion for rehab and adaptive exercise coaching. When she moved to Vancouver in 2014 to study Kinesiology at UBC, she ended up connecting with ICORD's Physical Activity Research Center (PARC). This was one of the most pivotal moments in her career because it led her to where she is now!

It has also been over these past few years during which she has been grateful for the opportunity to create Ocean Rehab and Fitness. Its mission statement, "Bridging the gap between rehab and fitness", is what she strives to achieve on a daily basis, connecting and working with people living with neurological disabilities through their post-rehab or fitness journey. Now she primarily coaches and facilitates sessions for those that are living with a variety of neuromuscular dysfunctions, including MS and spinal cord injuries.

She's very proud to be an active member of the adaptive fitness community, and can be found running adapted boot camps, training events for Spinal Cord Injury BC and dance classes through BC Wheelchair



SESSION: INCLUSIVE FITNESS MEGAN WILLIAMSON CONT'D

Basketball. She also creates one-on-one customized sport programs for adaptive athletes who are training in sports like wheelchair rugby, floorball, and wheelchair basketball. Megan loves putting her energy towards creating more fitness accessibility, such as teaming up with the cities of Greater Vancouver to help teach Inclusive Fitness Training to their parks and recreation staff.

Megan's most recent venture has been the creation of the course *Breaking Barriers: fundamentals of training clients with physical disabilities*, which is a course providing other fitness professionals awareness and skills to successfully coach those with physical disabilities.

*This session content is CE Pre-Approved by NCTRC.

SESSION: SIENNA CASPAR

Resilience in work and in life as a Recreation Therapist--exploring the role of self-compassion

In this presentation, the concepts of resilience and self-compassion will both be introduced. Through an exploration of the current research on this topic and an engaging self-examination, participants will discover how self compassion enhances resilience and begin to learn to embrace their perfect imperfections with kindness.

1. ADV: Participants will understand how resilience influences the experience of burn-out.
2. ADV: Participants will understand how self compassion impacts resilience in the workplace.
3. ADV: Participants will actively participate in exercises that will enhance their self compassion.

- 5 Min: Introductions--Lecture with Power Point
- 5 Min: The concept of resilience will be described — Lecture with Power Point
- 5 Min: A discussion regarding how the Pandemic resulted in increased risk of burnout and decreased resilience --Lecture with Power Point
- 5 Min: The three components of burnout will be described and discussed.--Lecture with Power Point
- 10 Min: The stress cycle will be described and discussed. Activities to complete the stress cycle will be provided.--Lecture with Power Point and Participatory Learning Activity
- 25 Min: The Stoic philosophy will be described and discussed. Three thought experiments will be provided. Lecture with Power Point and Participatory Learning Activity
- 10 Min: Self-compassion will be described and discussed. An exercise in self kindness will be provided.--Lecture with Power Point and Participatory Learning Activity
- 10 Min: Mindfulness meditation will be introduced. A guided meditation will be provided — Lecture with Power Point and Participatory Learning Activity



SESSION: SIENNA CASPAR CONT'D

- 10 Min: The concept of a shared common humanity will be discussed. An exercise in shared common humanity will be provided.--Lecture with Power Point and Participatory Learning Activity
- 5 Min: Closing remarks — Lecture

Recreation Therapist as change agents—leading the way towards true person-centred care!

In this session, participants will be introduced to the Relational Care Knowledge Hub. Relational care is an on-going process of building a person's capacity to support another person in their growth and well-being and to nurture relationships. The principles of relational care are deeply embedded in the practice of Therapeutic Recreation—a profession that has a primary aim of enhancing quality of life through the development of meaningful relationships and experiences. As such, recreation therapists are uniquely situated to be change agents in continuing care homes as the sector moves towards the more consistent provision of person-centred, relational care.

1. ADV: Participants will understand how the principles of relational care are embedded in the TR practice.
2. ADV: Participants will understand how and why they are perfectly situated to be change agents in continuing care settings.
3. ADV: Participants will know where to go and how to use resources that will assist them in leading culture change initiatives.

Content

- 5 Min: Introductions. Lecture with Power Point
- 10 Min: The concept of relational care will be described — Lecture with Power Point
- 15 Min: Introduction to, and demonstration of, the Relational Care Knowledge Hub will be provided--Lecture with Power Point and demonstrations of website resources.
- 15 Min: Introduction to, and demonstration of, the Feasible and Sustainable Culture Change Initiative (FASCCI) model will be provided. Lecture with Power Point and demonstrations of website resources.
- 20 Min: Introduction to, and demonstration of, the Centre of Excellence for Therapeutic Recreation in Continuing Care will be provided — Lecture with Power Point and demonstrations of website resources.
- 20 Min: Questions and Answers

5 Min: Closing remarks — Lecture

* This session content is CE Pre-Approved by NCTRC.

SESSION: MEAGAN YOUNG

Over the cumulative challenges of the past few years, many of us have been left feeling off and out of flow. This shared experience of languishing and burnout has led to a movement of realignment coined The Great Reassessment. Now is the perfect time to take an in depth look at how we spend our time and energy and take intentional actions in order to create a more fulfilling and passionate version of our work and personal lives.

During this 2 hour workshop, we will walk through current research on how to recognize the signs and symptoms of burnout in our daily lives as well as the tangible action steps we can take to work through the rut as we create more energy. We will identify the ideal future version of our lives and develop an action plan for how to get there. We will also dive into how knowing the why behind what you do, increases our passion for our work as we grow the field of therapeutic recreation together.

- Participants will be able to identify at least 3 elements of a high stress environment.
- Participants will be able to identify the 3 signs of burnout as defined by the WHO.
- Participants will be able to list the 5 R's of energy creation.

NCTRC Job Analysis - Knowledge Areas Identified

3. concepts and models of health and human services (e.g., medical model, community model, education model, health and wellness model, person centered care model, International Classification of Functioning, recovery model, inclusion) . (FWK)

6. Contributions of play, recreation, and leisure to health, and well-being (e.g., flow theory, benefits, quality of life). (FWK)

15. Psychiatric disorders and related impairments (e.g., addictions, PTSD). (FWK)



SESSION: MEAGAN YOUNG CONT'D

50. Professionalism (e.g., professional boundaries, professional appearance, and behavior) (ADV)

Outline:

1. The High Stress Environment (20 mins)

- Introduction
- Meagan Young, CTRS
- Session Outline

The High Stress Environment

- What is causing the HSE
- The Great Unknown

Our Mental Health

- Burnout & Compassion Fatigue
- Mental Health Crisis

What's Your Role?

- Whose Responsibility is it?
- Your Role

2. Identify the Rut (25 mins)

What is Burnout:

Emotional exhaustion

Feelings of cynicism

Reduced personal accomplishment

- Burnout Framework - Harvard Business Review
- Compassion Fatigue and Imposter Syndromn
- Activity - Burnout Assessment

3. The Stress Cycle (25 mins)

- Completing the Stress-Cycle
- The Physiology of Stress

Stress vs. Stressor

Long-term Effects

- 7 Ways to Complete the Stress Cycle
- Activity - Identify Your Stress Culprits

4. Create Energy (25mins)

- Causes Exhaustion
- Energy Management Strategies
- The 5 R's of Energy Creation

Recognize

Release

Rest

Reset

Reconnect

- Activity - Flow Mindmap

5. Build Resilience - (25mins)

- How to build Resiliency
- Creating a Future Vision

Create the vision

Plan of action

Accountability

Live it each day

- Identify & define your why
- Activity - Guided Visualization

* This session content is CE Pre-Approved by NCTRC.

SESSION: BREAKING BARRIERS WITH MEGAN WILLIAMSON

Breaking Barriers: Fundamentals of training clients with physical disabilities

Session Description: This interactive course will provide recreation therapists with tools to enhance their work with people living with disabilities. In the course we will learn things like disability language, how to use adaptive equipment, and effective methods of assessment. We cover programming considerations for the following disabilities: MS, spinal cord injuries, Parkinson's disease, muscular dystrophy, amputations, Cerebral Palsy and arthritis. We also touch on Covid-19 longhaulers and the current protocols for returning to exercise. (Length of session: 5.5 hours)

Learning Outcomes:

1. IMP: Understanding and identifying the barriers that someone with a physical disability faces when attempting to seek out exercise resources
2. IMP: Be able to articulate the recommended exercise guidelines for spinal cord injury and MS followed by application into basic program design
3. ASP: Identify the different methods of assessment and apply towards building a program for a client case studies



SESSION: BREAKING BARRIERS WITH MEGAN WILLIAMSON CONT'D

Session Breakdown

10:00 am - 12:00 pm	Introduction, Learning Objectives and Module 1 and 2
12:00 pm - 1:00pm	Lunch Break
1:00 pm - 2:30pm	Module 2, 3, and 4
2:30pm - 2:45 break	Break
2:45pm - 3:45pm	Module 5 and 6

All Modules based on the text: Breaking Barriers: Fundamentals of Training Clients with Physical Disabilities.

* This session content is CE Pre-Approved by NCTRC.

AWARDS LUNCHEON

Join the ATRA awards committee and the ATRA BOD for a luncheon in celebration of the recipients of numerous awards for recreation therapists efforts across Alberta in the last year. Awards being given away include:

Distinguished Service Award: This individual has demonstrated commitment to excellence through the length of their career and has advanced the practice of Therapeutic Recreation.

Professional of the Year Award: An individual who has made significant contributions to the field of Therapeutic Recreation in the past year.

Innovative Practice Award: An individual who has demonstrated innovative practice or new service in the field of TR.

Outstanding Preceptor Award (College and University level): Preceptor in a clinical setting who demonstrates excellence in provision of therapeutic recreation education in their workplace and values the importance of mentoring future professionals.

Outstanding Student Leader Award (College and University level): A student who demonstrates leadership in school and externally, a promise of contribution to the field of Therapeutic Recreation.

Community Partnership Award: A community organization or individual that has done something extraordinary to create inclusive opportunities for individuals in a community or has partnered with a Therapeutic Recreation professional(s) to advance the field of Therapeutic Recreation.

The luncheon will be taking place from 11:45am on Friday October 28th in Spectrum 4/5. Cost included in conference registration fee.





POSTER PRESENTATIONS

Come see posters submitted by students and professionals in various areas of interest within TR. Posters will be accessible during the exhibitor fair from 4pm-5pm on Thursday October 27th as well as during breakfast from 7:45-8:45pm Friday October 28th. They can be found in Spectrum 2 / 3.

“WE DO BETTER TOGETHER, NOT ALONE. WE NEED TO PLAY TOGETHER TO FEEL ALIVE. WE NEED TO SHARE TOGETHER TO FEEL WHOLE. AT ANY AGE, WE NEED TO FEEL, RECREATE, BREATHE!”

— PATRICIA MILLER, REC. T





REGISTRATION INFORMATION

NCTRC continuing education pre-approval pending, an announcement will be made when pre-approval has been granted; all sessions may not be approved by NCTRC. The NCTRC processing fee will be waived for members this year.

Early Bird Fees (ends Sept 4th, 2022):

IN PERSON

ATRA Professional Member \$400.00
ATRA Alumni Member \$400.00
ATRA Student Member \$225.00
ATRA Supporting Member \$400.00
Non-ATRA Member \$665.00
Student Non-ATRA Member \$350.00

VIRTUAL

ATRA Professional Member \$150.00
ATRA Alumni Member \$150.00
ATRA Student Member \$100.00
ATRA Supporting Member \$150.00
Non-ATRA Member \$225.00
Student Non-ATRA Member \$150.00

After Sept 4th:

ATRA Professional Member \$480.00
ATRA Alumni Member \$480.00
ATRA Student Member \$270.00
ATRA Supporting Member \$480.00
Non-ATRA Member \$800.00
Student Non-ATRA Member \$420.00

VIRTUAL

ATRA Professional Member \$180.00
ATRA Alumni Member \$180.00
ATRA Student Member \$120.00
ATRA Supporting Member \$180.00
Non-ATRA Member \$270.00
Student Non-ATRA Member \$180.00

LINK FOR REGISTRATION

<https://cvent.me/qzevKI> 

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HOTEL INFORMATION

HOTEL ARTS

119 12 Ave Calgary, AB
T2R 0G8
(403) 266-4611

HotelArts.ca



Mention you are attending for the ATRA 2022 Symposium. Rates vary depending on room type booked.



MORNING ENERGIZERS

CHAIR DANCE

Join Kyrsten Blair for a beginner-friendly, open-level, fun-loving morning movement class with modifications to suit all levels and abilities. Learn a seated warmup to awaken your breath and nervous system, stretch and open your far-reach kinesphere, and finish with a creative movement study with you and your chair. Learn movement patterns and pathways to use for your well-being and those you support through your work in your communities of practice.

MINDFUL MOVEMENT & RELAXATION

Do you recall the last time you felt calm and centred? The following quote continues to capture my attention, and I think of it often:

‘Balance is not something you find; it’s something you create.’ ~Jana Kingsford Focus, expand, and ground into a more profound sense of self as we reflect, rest, and look inward. This beginner-level soulful movement and meditation practice is the treat waiting for you.

ADMISSION

\$5.00 per Energizer



IVORY SOIREE

IVORY SOIREE

Reconnect, reenergize and refresh with friends. Join us for an evening of classical music, scrumptious hors d'oeuvres, great conversation and create lasting memories with our photo booth at the ATRA Ivory Soiree!

Dress Code: all-white cocktail attire

Venue: Hotel Arts Foyer and Poolside

Ticket Event: \$25 with 1 drink ticket to start you off



SPONSORS & PARTNERS

AMBIENT ACTIVITIES

Ambient Activity is the industry partner of a multidisciplinary team that includes participation from academia, supportive care facilities and care practitioners from across Canada. We are committed to improving dementia care through the design and use of Ambient Activity, readily accessible activation and communication technologies embedded in the care-environment, available and accessible for anytime use.



EUGERIA

Eugeria is the reference and one-stop shop for Alzheimer's and cognitive impairments.



FIT MINDS

Fit Minds group cognitive stimulation programs are designed to be delivered by recreational therapists and activity professionals. With fresh programming every week, you and your residents will never feel like you are doing the same old thing.



HSAA — THE UNION OF HEALTHCARE PROFESSIONALS

The Health Sciences Association of Alberta is a trade union representing approximately 29,000 paramedical technical, professional and general support employees in the public and private health-care sectors of Alberta.



STRONGERU SENIOR FITNESS

StrongerU Senior Fitness is an innovative fitness education company whose purpose is to empower recreation, fitness, and wellness professionals and senior-serving organizations. We provide education, tools, and resources so that you can deliver high-quality, dynamic, and effective fitness experiences to the older adults you serve.

