

Pilates for Osteoporosis

with Sherri Betz, PT, GCS, PMA®-CPT



Join us for a 2-day intermediate level lecture, lab and demonstration course (16:1 student faculty ratio) in working safely with the Osteoporotic or Osteopenic client designed for:

- Clinicians in assessment and program design in physical therapy or group classes
- Pilates Teachers
- Group Exercise Teachers
- The Pilates Enthusiast Client!

Learning Objectives:

- Osteoporosis vs. Osteopenia
- Frax Risk Calculator
- Bone Densitometry Interpretation
- T-score and Z-scores Understanding
- Latest Exercise Research Familiarity
- Pilates Mat & Apparatus Progressions
- Fracture Prevention Tips
- Contraindicated Exercises



Instructor: Sherri Betz, PT, GCS, PMA®-CPT

- Licensed Physical Therapist
- Board Certified Geriatric Clinical Specialist
- Chair: Bone Health SIG APTA, Geriatric Section
- PMA Certified Pilates Teacher
- FORE Professional Education Committee
- Chair: Monterey Bay Chapter of American Bone Health

Wayzata, MN Oct 4-5, 2014 8am-5pm

Host Site Contact: Pamela Hasselbring

pamela.h@pilatesmn.com or 952-476-0304

Tucson, AZ Mar 14-15, 2015 8am-5pm

Host Site Contact: Mirea Sharifi

bodyquest@cox.net or 520-312-7755

REGISTRATION:

THERAPILATES® FOR OSTEOPOROSIS

920-A 41st Avenue
Santa Cruz, CA 95062

TheraPilates®
Sherri Betz, PT, GCS
920-A 41st Ave.
Santa Cruz, CA 95062
831-476-3100
Email: Sherri@TheraPilates.com

Date of Course: _____

Location: _____

Please print clearly all information. Make a copy of this registration form for your records and return the entire completed registration form and your payment to TheraPilates at the address below. Thank you.

Name: _____

Organization: _____

Address: _____

Address Line 2: _____

City: _____

State/Province: _____

Zip/Postal Code: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Email: _____

MC/Visa/Amex # _____

Exp. Date: _____



Refund Policy: You may cancel your registration up to 14 days before the course. Your tuition will be refunded less a \$50 processing fee. No refunds will be made for cancellations after the 14 day registration deadline. Remaining fees can be applied to a future course. All refunds are subject to a \$50 administrative fee. If the course is cancelled for any reason all of your registration fees will be refunded.

**Registrations after 30 day
deadline send payment of \$495**

Early Bird Rate: \$445

Regular Rate: \$495

**For registration, directions,
hotels and information
contact:**

**Sherri Betz
(888) 229-5334 Toll Free
or email:
Sherri@TheraPilates.com**

3 Ways to Register:

1. Online at www.TheraPilates.com

2. Mail: Make a copy of this form for your records and mail this form with your check or money order payable to:

**TheraPilates®
920-A 41st Avenue
Santa Cruz, CA 95062**

3. Phone: Call 888-229-5334 to register by phone and charge with: **Visa/Mastercard/American Express**