



Physical Activity and Active Ageing Conference

Volunteer Hall, Galashiels

7th May 2014

Draft Programme

10.00-10.30- Registration and Coffee

10.30-10.40- Opening remarks

10.40-11.40- Keynote presentation ; Physical Activity and Active Ageing -Professor Dawn Skelton

11.45-12.15-Workshop Session 1 (Falls Prevention,Walk it, Bone Health, Age Scotland, U3A)

12.15-1.15- Lunch and Market Place

1.15-1.45- Speakers; Tom Bernay, Chairman U3A Scotland. Brian Sloan,Chief Executive, Age Scotland

1.45-2.15- Workshop session 2 (Falls Prevention,Walk it, Bone Health, Age Scotland, U3A)

2.15-2.55- Taster Sessions- Pilates, Gentle Exercise, Variety Dance workshop, Extend class

2.55-3.00-Closing Remarks