



**Florida Health Care Activity  
Coordinators Association**  
Helping Residents Live Life

**Conductorcise®**  
A SOUND workout for body and soul.



## **District VI hosting a 'Conductorcise' Certification Session Wednesday, September 26<sup>th</sup>**

The International Conference on Active Aging has just chosen David Dworkin's popular new fitness fusion concept, CONDUCTORCISE®, as one of North America's six most innovative active aging programs.

CONDUCTORCISE® is the only program of its kind in the world. Now, you have the opportunity to deliver this truly unique and effective program to your clients. You will be provided with all the tools and techniques to offer this program in your area to individuals, senior communities, independent and assisted living facilities, libraries, schools, individuals and corporations. It is low impact, fun, educational, and combines motion and music as no other program does. The combination of exercise (even low impact to moderate) combined with sharpening and learning new listening skills allows participants to keep ones "body and mind in tune", reduces stress, improves cognition, secures balance, increases circulation, manages diabetes, builds upper body strength and so much more.

It is one of the few fitness programs in the world that provides all the above not only to healthy individuals both young and old, but to those who are chair bound, challenged, or suffering from Alzheimer, stroke, dementia and challenged individuals as well.

**The attached press packet includes testimonials from the media and industry for your review. You may learn more by visiting <http://www.conductorcise.com/>.**

**We need a minimum of 10 facilities to secure the certification session.**

**Cost per facility is \$400.**

**Each facility may certify 2-3 people.**

*Certification includes a certificate, inclusion in the CONDUCTORCISE® website, one complete start-up kit of CONDUCTORCISE® DVD, CD Sets (Volumes 1-3), Maestro Dworkin's instructions, suggested playlists, and general "tips", 6 CONDUCTORCISE® batons, and membership in the online CONDUCTORCISE® networking group with access to our exclusive member's forums, email communication with the Maestro and helpful Q & A section.*

**Contact Diana VerHulst to secure a space for your facility  
by Friday, February 16, 2018.**

**[dverhulst@jacarandatrace.com](mailto:dverhulst@jacarandatrace.com) or 941-408-2060**