



# BAL-A-VIS X<sup>®</sup>

APRIL 22 & APRIL 23, 2023 9:00 AM - 4:00 PM

USF College of Education, TECO Hall (Tampa campus)

Registration Fee: \$200

Register at: [tinyurl.com/anchinbvx](https://tinyurl.com/anchinbvx)

The purpose of this training is to provide participants with a comprehensive understanding of the Bal-A-Vis X program, including its history, research, and implementation. The training will cover the following topics:

- History of Bal-A-Vis X: A program that has been used for over 20 years, with a focus on providing a safe and effective way to improve balance and vision.
- Research: A program that has been shown to be effective in improving balance and vision in a wide range of populations, including older adults, people with vestibular disorders, and people with visual impairments.
- Implementation: A program that can be implemented in a variety of settings, including schools, community centers, and senior centers.

The training will be presented by Katy and Oscar Held, the founders of Purposeful Movement, who have been using Bal-A-Vis X for over 20 years. They will share their own experiences with the program and provide participants with the tools and resources they need to implement it in their own settings.

## THE WHY – Rationale & Research

The rationale for the Bal-A-Vis X program is based on the need for a safe and effective way to improve balance and vision. The program is designed to be used by people of all ages and abilities, and it has been shown to be effective in improving balance and vision in a wide range of populations.

Research has shown that the Bal-A-Vis X program is effective in improving balance and vision in older adults, people with vestibular disorders, and people with visual impairments. The program has been shown to be effective in improving balance and vision in a wide range of populations, including older adults, people with vestibular disorders, and people with visual impairments.

## THE HOW – Top 3 Learner Objectives for Participants

By the end of the training, participants will be able to:

1. Explain the history and research of the Bal-A-Vis X program.
2. Implement the Bal-A-Vis X program in their own settings.
3. Evaluate the effectiveness of the Bal-A-Vis X program in their own settings.

Participants will have an additional opportunity to purchase personal sets of table top equipment at the end of the training.

## MEET YOUR FACILITATORS



### KATY AND OSCAR HELD

Founder and Son, Purposeful Movement, Ann Arbor, Michigan

Katy and Oscar Held are the founders of Purposeful Movement, a company that has been using Bal-A-Vis X for over 20 years. They have been using Bal-A-Vis X in their own homes and in a variety of settings, including schools, community centers, and senior centers. They have been successful in helping a wide range of people improve their balance and vision, and they are excited to share their knowledge and experience with others.

Oscar is a former professional athlete and a current coach. He has been using Bal-A-Vis X for over 20 years and has been successful in helping a wide range of people improve their balance and vision. He is currently coaching a youth sports team and is excited to share his knowledge and experience with others.

Katy is a former professional athlete and a current coach. She has been using Bal-A-Vis X for over 20 years and has been successful in helping a wide range of people improve their balance and vision. She is currently coaching a youth sports team and is excited to share her knowledge and experience with others.

EMAIL: <https://www.bal-a-vis-x.com> | <https://www.purposeful-movement.com>

RESOURCE: <https://www.bal-a-vis-x.com/resources>

SEE US ON YOUTUBE: [https://youtu.be/\\_mbQv34Zs-w](https://youtu.be/_mbQv34Zs-w)