

## Otago Exercise Programme Cascade Trainers Directory

ProFouND (WP5) has created a network of trainers across Europe that can provide evidence based falls prevention exercise to older people and also locally train new trainers. The following is a list of accredited trainers across Europe. The cost to train locally will vary, as will the cost (or not) to receive this evidence based exercise as an older person. Please contact the trainer nearest to you to find out more. If you are interested in the history of the training, visit the project website -

<http://profound.eu.com/about/wp5-best-practice-exercise-regimen-network-development/>

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