

Healthy Living Program Presenters:

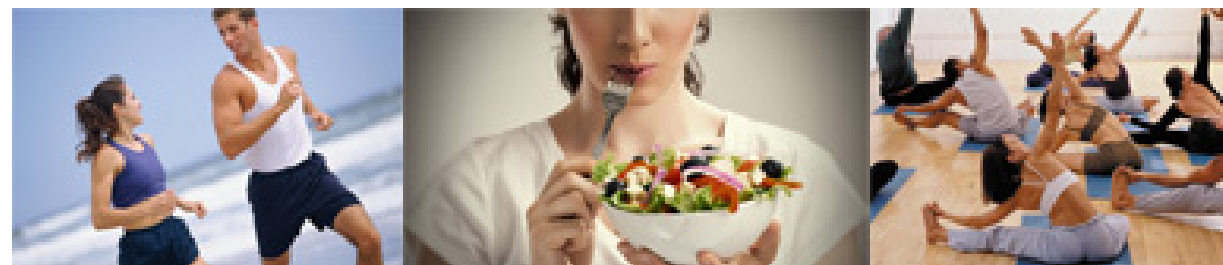
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WVU Medicine's Wellness Center and
Diabetes Education Center presents:

The Healthy Living Program

September 12 - November 7
Health Sciences Campus
Morgantown, WV

Healthy Living Program

September 12 - November 7

Registration

This is a free continuing education event. To register for Healthy Living classes, contact the Wellness Center at wellnesscenter@hsc.wvu.edu or 304-293-2520.

*Seating is limited

Location

Healthy Living classes will be held in conference rooms located on the Health Sciences Campus. For more information, please see the complete Healthy Living schedule.

Target Audience

This series is designed for all healthcare providers interested in learning how to live a healthier lifestyle for themselves and their patients.



Course Description

Due to the prevalence of heart disease, diabetes and obesity in general and in particular WV, it is important for people to understand how to live a healthier lifestyle. The Healthy Living Program is designed to help individuals begin their journey to living a healthy lifestyle through learning about nutritious eating, exercising regularly, and using stress management techniques. This program will also help employees lower their risk for developing chronic diseases, such as diabetes, during their lives.

The Healthy Living series consists of a total of nine classes. Employees are able to participate in all nine classes or only those they find interesting.

Continuing Education Statements

The WVU School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The WVU Office of CME designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This continuing education activity has been provided by the WVU School of Nursing for 1.2 contact hours. The WVU School of Nursing is an approved provider of continuing education by the State of West Virginia Board of Examiners for Registered Professional Nurses, Legislative Rule #19CSR11-4 under provider number WV-1996-0120RN.

The WVU School of Dentistry is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. The WVU School of Dentistry designates this activity for 1 continuing education credit.

Participants are cautioned about the potential risk of using limited knowledge when incorporating new techniques and procedures into their practices.

Educational Objectives

Following participation in this series, participants should be able to:

- Recognize importance of nutrition and exercise in reducing chronic diseases, such as diabetes.
- Identify ways to effectively meal plan and learn tips on how to prepare meals for families or one/two people.
- Learn how to navigate the grocery store and how to select healthier options while shopping.
- Practice goal setting through development of an individual exercise prescription.
- Learn and practice strength training exercises using resistance bands.
- Discuss common barriers to exercise and identify ways to overcome them.
- Learn to identify stress and different sources of stress in everyday life.
- Practice techniques (meditation, yoga, and breathing exercises) to help relieve stress.

Disclosure Statement

All those in a position to control content of this program have indicated that they have no relevant interests to disclose.

Additional Information

For more information on this and other upcoming CE conferences/events, contact the Office of CE at 304-293-3937/ce@wvu.edu, or visit www.ce.wvu.edu.

Class Schedule

September 12: Introduction to Cardio Exercise

Location: Conference Room G119A

Presented by: The Wellness Center

September 19: Basic Nutrition to Prevent Diabetes

Location: John Jones Conference Room B

Presented by: Diabetes Ed. Center

September 26: Introduction to Strength Training

Location: Wellness Studio; MBRCC

Presented by: The Wellness Center

October 3: Meal Planning Workshop

Location: Conference Room G119A

Presented by: Diabetes Ed. Center

October 10: Exercise Prescription

Location: Conference Room G119A

Presented by: The Wellness Center

October 17: Grocery Store Tour

Location: Conference Room G119A

Presented by: Diabetes Ed. Center

October 24: Introduction to Stress Management

Location: Conference Room G119A

Presented by: The Wellness Center

October 31: Introduction to Chair Yoga

Location: Conference Room G119A

Presented by: The Wellness Center

November 7: Introduction to Meditation

Location: Conference Room G119A

Presented by: The Wellness Center

Classes will run on Tuesdays from 4:30-5:30pm