

Exercise is Medicine Workshop

Exercise is the best, cheapest, most accessible medicine available.

Presented by a local accredited exercise physiologist, the interactive two-hour workshop details the role of physical activity in the prevent and management of chronic disease by treating physical activity as a vital sign. The suite of resources made available to participants will support them in their assessment, management and referral of patients with and at risk of chronic disease.

Date: Tuesday 22nd May 2018
Time: 6pm
Venue: Education Development Centre, 4 Milner St, Hindmarsh SA 5007
Registration: FREE
Target audience: GPs, nurses and allied health professionals

CPD points:

RACGP: Allocated 4 Category 2 points (Activity 10931) in the RACGP QI&CPD Program for the 2017-2019 triennium
APNA: 2 CPD hours
ACCRM: 2 Core Points

Learning objectives:

- Describe how exercise can be used to prevent and manage patient chronic conditions
- Recognise the importance of graded exercise therapy in relation to patient safety
- Recall key aspects of the Australian Physical Activity Guidelines
- Describe behavior change strategies specific to the adoption of physical activity
- Outline existing physical activity assessment tools in medical software including Medical Director and Best Practice

Register at <https://exercise-is-medicine-adelaide.eventbrite.com/?aff=APHN>



www.exerciseismedicine.org.au

Facilitated by

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