



MOVEMENT IS MEDICINE: *What's Your Patients' Best Exercise Prescription?*

Saturday, April 28th, 8:30 am-12:30 pm
Location: Hardwick Hall; UBC Medical Student & Alumni Centre
2750 Heather Street, Vancouver, BC, V5Z 4M2

Expert Faculty:

Dr. Kara Solmundson, MD, CCFP (SEM), CASEM Sport Med Dip, MSc, UBC Clinical Instructor

Josh Bovard, MSc, CSEP-CEP, EIMC-Level 2

Few doctors feel comfortable prescribing exercise to their patients... do you? This interactive half-day workshop is designed to empower primary health care providers with the skills, confidence, and tools to provide exercise counselling and prescription to patients of all ages.

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 7 Mainpro+ credits.

Learning Objectives:

1. Review the evidence for the harms of physical inactivity and the benefits of physical activity
2. Understand the Canadian Physical Activity Guidelines for patients of all ages
3. Learn to incorporate the Exercise Vital Sign into your office visits in 1 minute, or less!
4. Use simple motivational interview strategies, to reframe patient barriers and enhance behavioural change
5. Is exercise safe? Do I need to medically clear patients for exercise? Learn what the best approach is for your patients with pre-existing chronic disease

Target audience: Family physicians, residents, nurse practitioners, exercise professionals.

<i>Physicians: 7 Mainpro+ credits</i>	\$125	(If you are already an Exercise is Medicine Canada Member: \$90)
<i>Exercise & allied health professionals:</i>	\$75	(If you are already an Exercise is Medicine Canada Member: \$40)
<i>Students:</i>	\$30	

Fee Includes:

Instruction by expert professionals; Light morning refreshments
1-year membership in Exercise is Medicine Canada; Access to monthly newsletter and online resources
Resistance Band, Exercise Prescription, and Referral Pad

Registration deadline: Saturday, April 21st preferred. Late registrations will be accepted, space permitting.

To register and for more information, visit <http://casem-acmse.org/event/eimc/> or email eimc.ubc@gmail.com.