

# MEDICINE THROUGH MOVEMENT WEBINAR "WALK THE TALK!"



NOV 4 2023



This webinar has been certified for up to 4 Mainpro+® credits.  
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# About

MTM 2023 builds on the previous two conferences by providing attendees with practical resources and pearls to implement the use of physical activity in treating primary care patients with a variety of conditions including mental health, addiction and chronic illness. Attendees will be given resources that can be utilized in their day-to-day clinical practice.

The webinar will also include a session on health care provider wellbeing and engage the participants through a live movement session.

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# Committee

**Dr. Elisabeth Hobden (Chair)**

MD, FRCP (EM), Dip. Sport Med. (CASEM)

**Dr. Tatiana Jevremovic**

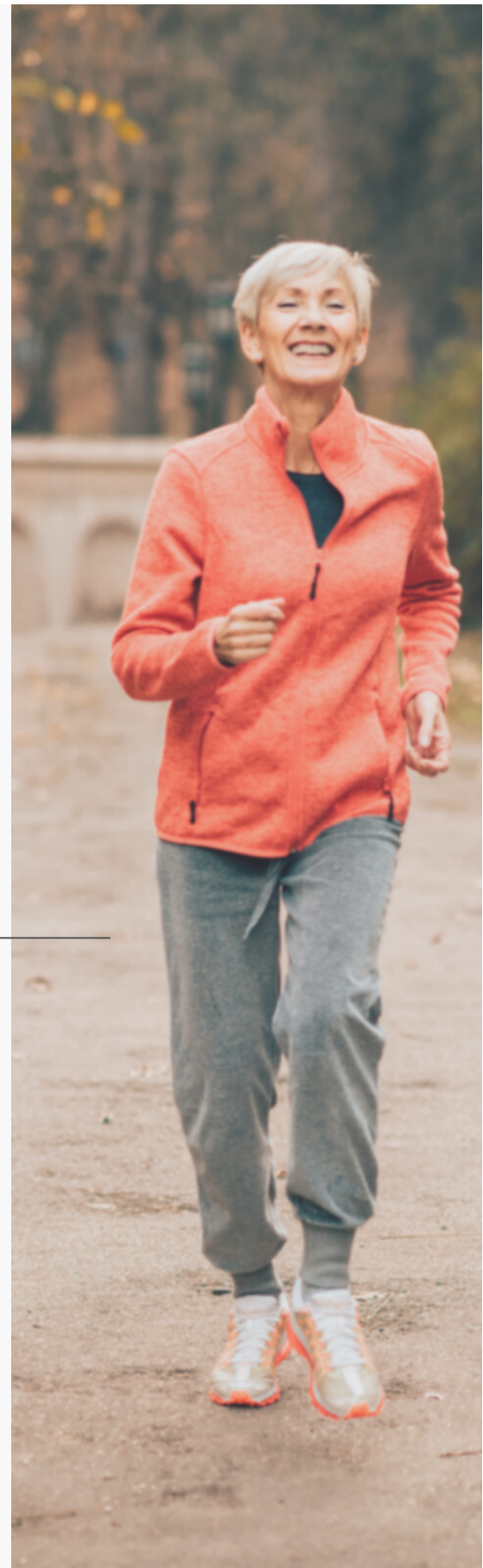
MD, CCFP (EM) (SEM), Dip. Sport Med (CASEM)

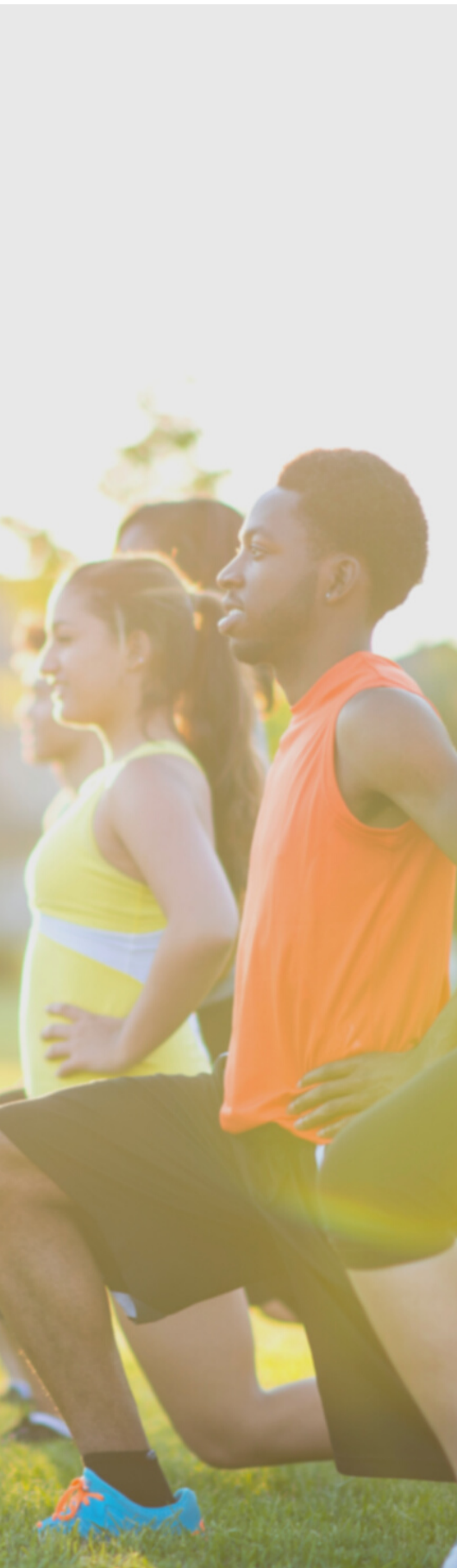
**Dr. Erika Persson**

MD, FRCPC, Dip. Sport Med. (CASEM )

**Dawn Haworth**

BA, MHM, ED of CASEM





# Target Audience

The target audience is the physician, regardless of specialty, who work with patients with chronic diseases – the course will also be of interest to the health care field including Physiotherapists, Sport Chiropractors, Sport Massage Therapists, Occupational Therapists, nurses, psychologists and social workers.

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# Course Objective

This course will provide, through an evidence based lens, the rationale for the use of activity and movement as medicine, practical guidance on how to implement and monitor appropriate exercise modalities in clinical practice and what clinical outcomes can be expected when these evidence based, safe and healthy techniques are employed.

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# Accreditation

This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 4 Mainpro+ credits.

# Program • Nov 4, 2023

TIME	TITLE	SPEAKER
Times in EST		
10:00am	Welcome and Introduction	Dr. Elisabeth Hobden
10:15am	Practical Physician Health & Wellbeing: Physician Burnout & the Role of Exercise	Dr. Stephanie Melanson
10:45am	A Practical Guide to Finding Resources for Patients	Dr. Jane Thornton
11:15am	Making Every Contact Count: Practical Approaches to Prescribing Physical Activity	Ann Gates
11:45am	Q&A	
12:00pm	EXERCISE CLASS	Dr. Erika Persson
12:30pm	The IBM Approach (Identity, Belonging, Meaning) to Inspire Movement in Chronic Pain Conditions	Dr. Markus Besseman
1:00pm	Primary Care Mental Health: The Role of Exercise in Depression and Anxiety	Dr. Marie Claire Bourque
1:30pm	Sarcopenia and Exercise	Dr. Ryan Vamos
2:00pm	Closing Keynote	TBA