

# EXERCISE IS MEDICINE WORKSHOP



An Australian Government Initiative

**Date:** Thursday 14 July 2016  
**Time:** 6.30pm – 8:30pm | Registration 6.00pm  
**Location:** MB+M building, 23 Nixon Street, Shepparton Vic 3630  
**Presenters:** Terri Bootsman | Exercise Physiologist  
**Cost:** This event is provided at no cost by MB+M Chartered Accountants.

## Overview

Presented by an Accredited Exercise Physiologist, the primary aim of the Exercise Is Medicine (EIM) workshop is to educate healthcare providers about the role of physical activity in the prevention and management of chronic disease. The suite of resources that will be made available to participants will support them in their assessment, management and referral of patients with and at risk of chronic disease.

## Learning outcomes

- Understand the mechanisms of exercise in managing chronic conditions
- Understand the importance of graded exercise therapy
- Apply behaviour-change principles specific to adoption of physical activity
- Recall the Australian physical activity guidelines
- Understand the appropriate safety management of a patient regarding physical activity intervention
- Have specific knowledge of the existing physical activity assessment tools in Medical Director or Best Practice
- ACRRM: 2 Core Points and APNA: 2 CPD Hours



Murray PHN is an authorised provider of accredited activities under the RACGP QI&CPD Program. This activity has been allocated 4 Category 2 points. RACGP activity no. 14300

## RSVP by Monday 11 July 2016

e: [gvevents@murrayphn.org.au](mailto:gvevents@murrayphn.org.au) | f: 03 5831 5398 | Online [murrayphn.org.au/events](http://murrayphn.org.au/events)

**Name:**

**Position:**

**Organisation:**

**Mobile number:**

**Email address:**

**Dietary/access/other requirements:**

If you are unable to attend the event after your RSVP, it would be appreciated that you let Murray PHN know as a courtesy to organisers and sponsors. This ensures better management and credibility of the CPD program with sponsors, speakers and venues. 03 5831 5399 | [gvevents@murrayphn.org.au](mailto:gvevents@murrayphn.org.au)

