

Auckland March 4th - 8th or Christchurch March 11th - 15th

What is it?

A 5-day training course covering how to work with:
Musculoskeletal Disorders, including Osteoarthritis (OA),
Rheumatoid Arthritis (RA), Joint Replacement and Osteoporosis.
Simple Mechanical Back Pain.
Respiratory disorders including Asthma and COPD.
Mental health disorders including Stress, Anxiety and Depression.
Diabetes Mellitus and Obesity.
Cardiovascular Disease variants including Hypertension, Angina,
Hypercholesterolaemia and Coronary Heart Disease.
Neurodegenerative conditions including Parkinson's, MS and Stroke.

What will it give me?

Graduates of this course will be recognised as Exercise as Medicine Certified Trainers. The course carries 20 CPD points.

Who is it for?

Exercise professionals who want to upskill themselves in order to be confident working with people living with these long-term conditions.

What's my investment?

\$639 (inc gst) for REPs registered trainers. \$799 (inc gst) if not REPs registered.

Look who's talking

The course is delivered by Gavin Loze a university lecturer and Principal Tutor for The Wright Foundation, one of the UK's leading training organisations.

Who you gonna call?

For details email tim@exerciseasmedicinenz.com or call 021 0228 2551

