



## Arthritis Foundation Exercise Program Instructor Certification Course

Thursday, April 29, 2010

Brooksby Village

Peabody, MA

8:30 a.m. – 5:00 p.m.

Fee: \$100

Lunch will be provided.

### **Instructor Requirements:**

- ❖ Background, education and/or relevant experience in an exercise, fitness or health-related field is required. Related education or work with special populations may be considered.
- ❖ Current CPR certification is required. First aid certification is strongly recommended.
- ❖ New leaders must have an affiliation with a facility that can host the program prior to taking this workshop. A facility co-sponsorship agreement must be in place in order to participate in this course.
- ❖ Participants agree to submit participant release forms and quarterly program statistics to the Arthritis Foundation Massachusetts Chapter.

Participation requires the completion of a pre-training module. For more information and to receive pre-course materials contact

Suzanne Gauthier at 617 219-8222 or [sgauthie@arthritis.org](mailto:sgauthie@arthritis.org)

**Pre-registration is required by April 22, 2010.**

The Arthritis Foundation is a recognized continuing education provider for the Aquatic Exercise Association (AEA) and follows all guidelines and regulations.

AEA has designated this workshop as providing **4.0 Continuing Education Credits**.

The Arthritis Foundation is also an American Council on Exercise (ACE) faculty member and Continuing Education Credits provider. ACE has designated this workshop as providing

**.7 Continuing Education Credits**.

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Go to [fightarthritispain.org](http://fightarthritispain.org) to learn more.