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Missouri Alliance for Home Care
2420 Hyde Park, Suite A
Jefferson City, MO 65109 - 4731



Missouri Alliance for Home Care presents

Strength Training for the Elderly in a Home Care Environment

A conference for Physical Therapists, Occupational Therapists
and Assistants working in the home health environment.

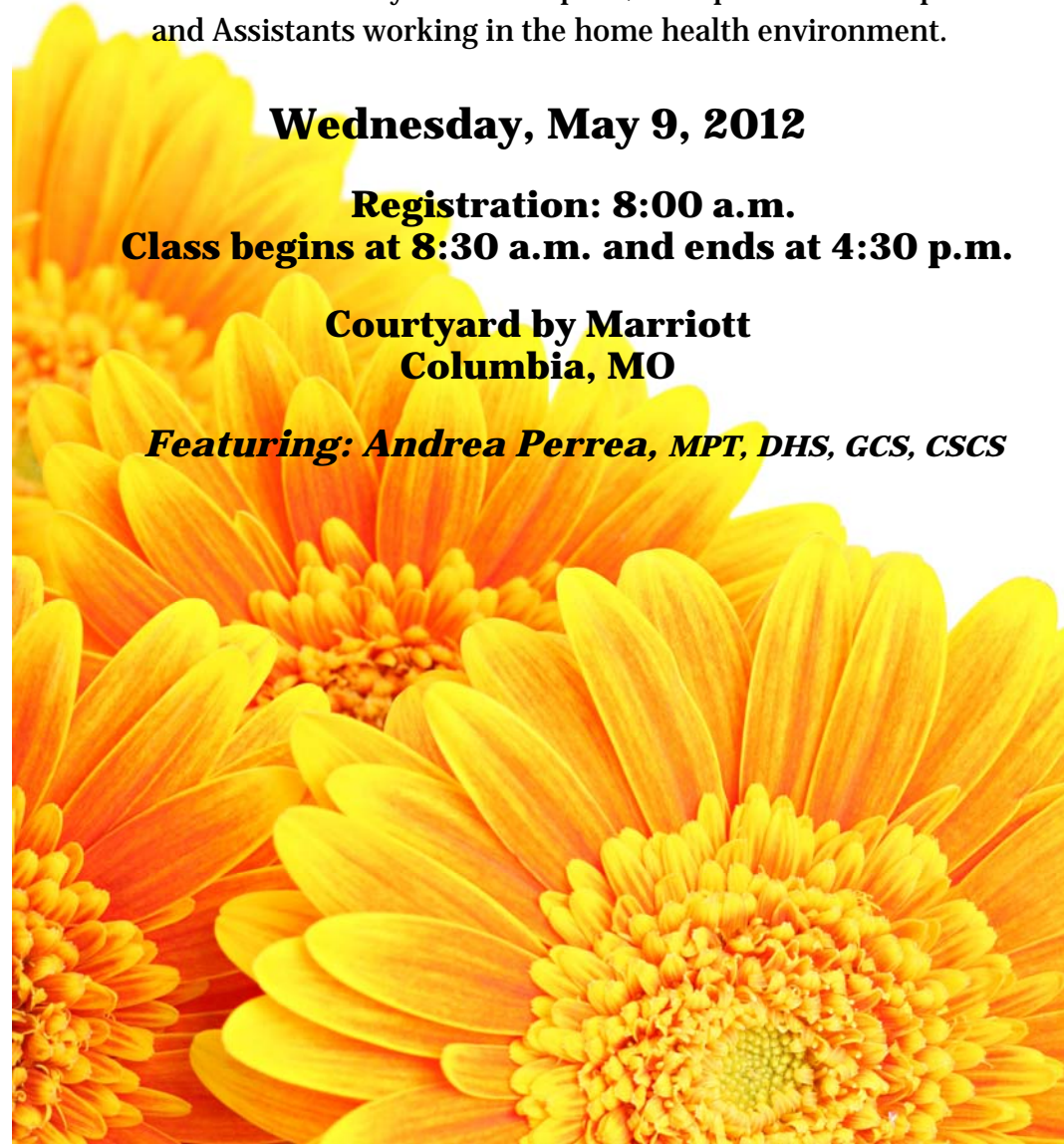
Wednesday, May 9, 2012

Registration: 8:00 a.m.

Class begins at 8:30 a.m. and ends at 4:30 p.m.

**Courtyard by Marriott
Columbia, MO**

Featuring: Andrea Perrea, MPT, DHS, GCS, CSCS



About this conference:

This exciting new course is tailored specifically to therapists working with patients in the home care setting. Learn the latest about the key relationships between strength and function. Hands-on lab activities and literature review will focus on the most effective and appropriate interventions to increase strength and produce superior patient outcomes. An understanding of the physiological effects of aging and considerations for special populations based on co-morbidities will assist in developing appropriate programs tailored for the elderly population. Principles of strength training and variables of programming will be reviewed along with appropriate objective functional outcome measurements necessary to document progress.

This course highlights the evidence based practice in the use of progressive resistance training with patient populations. Attendees will learn how to incorporate evidence based practice into current therapy interventions.

About the instructor:

Andrea Perrea has over 16 years experience as a physical therapist. She recently finished her doctorate degree in Health Science with emphasis areas in education and geriatrics. Andrea is a certified geriatric specialist through the American Physical Therapy Association and is a certified strength and conditioning specialist through the National Strength and Conditioning Association. Andrea has taught over 100 continuing education courses since 2000.

REGISTRATION FORM

Company _____

Address _____

Phone _____

Participant #1 _____

Email _____

Participant #2 _____

Email _____

REGISTRATION FEES

Sited Therapy-May9,2012

MAHC Members

- \$199 for 1st person/one person X ____ person
 \$179 for 2nd person, same company X ____ person
 \$169 for 3rd or add'l persons, same company X ____ people

Non-Members

- \$400 per person X ____ person

TOTAL AMOUNT ENCLOSED _____



Mail Registration & Payment to:

Missouri Alliance for HOME CARE

2420 Hyde Park, Suite A

Jefferson City, MO 65109

Phone: (573) 634-7772 Fax: (573) 634-4374

Continuing Education:

MO Alliance for Home Care is an approved provider of continuing nursing education by the MO Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants will earn a maximum of 6.5 nursing contact hours for this conference.

Application has been made to the Missouri Physical Therapy Association for 6.5 CEU's.

Hotel Information: Guest rooms are available at Courtyard by Marriott at 3301 Lemone Industrial Blvd. in Columbia. For room rate of \$99 contact Susan Cunningham at 573-443-8114. Room reservations must be made by April 8, 2012 to receive this rate.

Cancellations: Registrations canceled by 5 p.m. on May 2, 2012 will be issued a 90% refund. Those canceled after 5 p.m. on May 2 will be issued a 50% refund. No refunds will be given for cancellations on or after the conference date.

Considerations: Out of consideration for others, please limit fragrances; many people suffer with allergies or other reactions to scents. If you require special assistance, please submit requirements three weeks in advance of the event.