

# Exercise is Medicine Workshop

*Exercise is the best, cheapest, most accessible medicine available.*

Presented by a local accredited exercise physiologist, the interactive two-hour workshop details the role of physical activity in the prevention and management of chronic disease by treating physical activity as a vital sign. The suite of resources made available to participants will support them in their assessment, management and referral of patients with and at risk of chronic disease.

Date	Time	Location
Tuesday 1 May	6pm – 8pm	Conference Room 2, Department of Primary Industries & Regional Development, 75 York Road, Northam

<b>Registration:</b>	FREE
<b>Target audience:</b>	GPs, nurses and allied health professionals
<b>RACGP:</b>	Allocated 4 Category 2 points (Activity 10931) in the RACGP QI&CPD Program for the 2017-2019 triennium
<b>APNA:</b>	2 CPD hours
<b>ACCRM:</b>	2 Core Points

Learning objectives:

- Describe how exercise can be used to prevent and manage patient chronic conditions
- Recognise the importance of graded exercise therapy in relation to patient safety
- Recall key aspects of the Australian Physical Activity Guidelines
- Describe behavior change strategies specific to the adoption of physical activity
- Outline existing physical activity assessment tools in medical software including Medical Director and Best Practice

To register please follow this link:

<https://www.cognitoforms.com/WAPrimaryHealthAlliance/ExerciselsMedicineWorkshop>



[www.exerciseismedicine.org.au](http://www.exerciseismedicine.org.au)



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2017-19 Accredited Activity Provider



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