This conference will provide practical information for healthcare professionals and students who need a working knowledge in the assessment and exercise prescription for diverse client population. Gain insight into exercise in clinical and fitness settings. Lectures will allow for didactic and interactive learning.

**Target Audiences**
Clinical exercise physiologist, health & fitness professionals, athletic trainers, allied healthcare professionals specializing in nutrition, nursing. Students

**Objectives**
- Describe client assessment practices and exercise recommendations for diverse populations
- Define and apply client engagement and behavior change strategies
- Understand primary and secondary disease recommendations and management strategies

**Registration Fees**

Name ________________________________

Affiliation _____________________________

Address _______________________________

City, state, zip _________________________

Phone ________________________________

E-mail ________________________________

**Program Fees (includes refreshments)**

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<th>By March 20th</th>
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<tr>
<td>MACEP Member</td>
<td>$ 35</td>
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Includes MACEP membership

Fee includes five education contact hours

**Agenda**

7:45 am: Registration
8:30—8:45 am: Welcome
8:45-9:35 am Carol Garber, Ph.D.  
Real Exercise for Real People: What’s an Exercise Professional to Do?
9:40-10:30 am Kathryn Ackerman, MD, MPH  
Strong Bones: How to Get Them & Keep Them

Break
10:40-11:30 am Michael Dansinger, MD  
Lifestyle Coaching for Obesity and Type 2 Diabetes

11:30-12:00 pm: MACEP Organizational Meeting
12:00-12:50 Lunch on your own

12:50-1:40 pm Heidi Duskey, CWC, CPCC  
Client Engagement—How to Facilitate Behavior Change

1:45-2:35 pm Tim Crowley BS, CSCS, Pes  
Functional Movement Screening—Assessing your Client

Break
2:45-3:35 Robert Berry MS, RCEP  
Primary & Secondary Prevention of Cardiovascular Disease

For additional program information visit:  
http://web.simmons.edu/~lite/MACEP.html

Mail this form with checks only to:  
MACEP  
c/o Michael See  
35 Concetta Drive  
Mansfield, MA 02048

Seating will be limited. Pre-registration is encouraged.
Speaker Profiles

Carol Ewing Garber, Ph.D, RCEP, FACSM, FAHA is Associate Professor of Movement Science and Education at Columbia University, Teachers College. Her research focuses on the role of physical activity and exercise in prevention and treatment of chronic disease and promotion of successful aging. She has written over 70 peer reviewed articles and book chapters and currently serves on the Editorial board for Medicine and Science in Sports and Exercise and The Journal of Cardiopulmonary Rehabilitation and Prevention. Her talk Real Exercise for Real People: What’s an Exercise Professional to Do? will highlight her work in chairing an ACSM writing group on this important topic.

Kathryn Ackerman, MD, MPH is an Instructor at Harvard Medical School, holding positions at Children’s Hospital Boston-Sports Medicine Brigham and Women’s Hospital and Massachusetts General Hospital-Endocrinology. She sought out speaker in the area of sports medicine and holds leadership positions in many professional organizations. Dr. Ackerman presentation is entitled Strong Bones: How to Get them and Keep Them

Michael Dansinger, MD is an internationally recognized authority on dietary and lifestyle counseling for weight loss and prevention of obesity-related conditions. He hold multiple academic positions; Assistant Professor at Tufts University School of Medicine, scientist at USDA Nutrition Research Center and serves as Clinical Nutrition and Obesity Editor for WebMD academic journal. His research on dietary counseling is well known. He is a sought after speaker for his insights and discussion as the weight loss and nutrition advisor for the NBC’s hit series “The Biggest Loser”. Dr. Dansinger will share his experience as lifestyle coaching practice for weight loss and diabetes reversal and prevention in his presentation entitled Lifestyle Coaching for Obesity and Type 2 Diabetes.

Heidi Duskey, MA, cWC, CPCC is a licensed Corporate Wellcoach with over 15 years of experience as a group exercise instructor, personal trainer, program facilitator and fitness director. She is breaking new ground in the medical field, serving as a health coach for Harvard Vanguard Medical Associates, a multi-speciality medical group in eastern Massachusetts. Her work as a coach focuses on improving clinical outcomes for patients with chronic medical conditions. In her presentation entitled Client Engagement-How to Facilitate Behavior Change she will provide practical strategies for working with diverse patient populations.

Tim Crowley, BS, CSCS, Pes, has been a trainer, coach and elite triathlete for over 20 years. Tim is the Director of Fitness and Sports Performance at Wayside Racquet and Swim Club in Marlboro, MA. Tim owns TC2 Coaching and Training and works with numerous top level athletes. He is the recipient of the 2007 USA Triathlon Development coach of the year and 2009 Elite Coach of the year. Tim holds Elite Coaching licenses in cycling and triathlon, as well certification with USA Weightlifting, NSCA-CSCS and NASM-Performance Enhancement Specialist. Tim’s presentation is entitled Functional Movement Screening-Assessing your Client.

Robert Berry, MS, RCEP, FAACVPR is Manager of Cardiovascular Rehabilitation & Wellness at Baystate Medical Center in Springfield, MA. Mr. Berry serves in leadership positions with AACVPR and CEPA among others. He will share his knowledge and experience of medically integrated health and fitness in his presentation entitled Primary & Secondary Prevention: Medical Fitness.

Getting to BIDMC

The Sherman Auditorium located at the Beth Israel Deaconess Medical Center’s Eat Campus in the Longwood Medical and Academic Area along Brookline Avenue. The BIDMC is easily accessible by car and public transportation. Ample parking is available. A number of restaurant options are available for lunch on your own.

BIDMC is located at:
330 Brookline Avenue
Boston, MA 02215

If you need directions by phone, please call: 617-667-3000

http://www.bidmc.org/GettingtoBIDMC.aspx