Harvard Medical School presents...

ACTIVE LIVES
Transforming Ourselves and Our Patients

Course Description
According to a recent study by the American College of Sports Medicine (ACSM), over 40% of physicians talk to their patients about the importance of exercise but don't offer suggestions on the best ways to be physically active. “Active Lives: Transforming Ourselves and Our Patients” is designed to provide health care professionals with the necessary tools, strategies, techniques, and systems to ensure that their patients understand the importance of physical activity and are prescribed exercise based on their individual health needs. Faculty from Harvard Medical School and guest faculty, along with fitness instructors, will present the state of the science of physical activity/exercise, the exercise prescription, and behavioral counseling. Attendees will participate in exercise sessions for themselves and will learn how to do office based fitness assessments for and to show exercises to their patients. This two-day, highly interactive, exercise-centered activity will ultimately help attendees become positive, lifelong participants in their own health and in the health of their patients.

Learning Objectives
Upon completion of this activity, participants will be able to:
• Apply important principles of exercise science to their patients.
• Negotiate and write an effective exercise prescription.
• Incorporate behavioral counseling into visits with patients.
• Track the results of a patient’s physical activity plan.
• Develop demonstration skills for various exercise activities to share with patients.

Teaching Methods
Faculty will present didactic lectures and interactive exercise sessions, and will facilitate small group discussions.

Target Audience
Physicians, Nurses, Psychologists, Social Workers, Health Coaches, Physical Therapists, Occupational Therapists, and Exercise Physiologists should attend this course. This course attracts a national audience.

Course Director
Edward M. Phillips, MD, Assistant Professor, Physical Medicine and Rehabilitation, Harvard Medical School; Founder and Director, Institute of Lifestyle Medicine

Assistant Course Director
Elizabeth P. Frates, MD, Assistant Clinical Professor, Physical Medicine and Rehabilitation, Harvard Medical School; Director of Medical Student Education, Institute of Lifestyle Medicine

Course Administrator: Mary Alice Hanford, MA

Friday, November 9–Saturday, November, 10, 2012
The Conference Center at Waltham Woods, Waltham, MA

Attendance Limited Program and Registration Information on Reverse Side

SPECIAL OFFER: Registrants will be given complimentary access to the online CME course: Lifestyle Medicine: Back Pain, a free $20 value, after the live course is completed. Please note that registrants need to provide their email address at the point of registration in order to receive this offer. This online course provides an additional 1 CME credit upon completion.

“[This CME activity] made me feel more confident that I could and should discuss exercise and lifestyle issues with all of my patients. It has helped me to make sure I fit adequate exercise into my life. It has given me a different approach to getting people active even if starting at only a few minutes per day.”
—Past Course Attendee

For complete course information: www.cme.med.harvard.edu/courses/ADAP

This program is sponsored by the Massachusetts Psychological Association. Massachusetts Psychological Association is approved by the American Psychological Association to sponsor education for psychologists. Massachusetts Psychological Association maintains responsibility for this program and its content.

HMS FACULTY: JONATHAN F. BEAN, MD, MS, MPH Associate Professor of Physical Medicine and Rehabilitation • JENNIFER GREEN, DPT Physical Therapist Spaulding Outpatient Center Framingham • SUZANNE KOVEN, MD Assistant Professor of Medicine • SANDRA LAWSON, MBA Executive Director, Institute of Lifestyle Medicine • ANDREE LEROY, MD Instructor in Physical Medicine and Rehabilitation • EDWARD M. PHILLIPS, MD Assistant Professor of Physical Medicine and Rehabilitation • JOJI SUZUKI, MD Instructor of Psychiatry

GUEST FACULTY: RYAN BROOKS, BS Exercise Physiologist • GREG CLOUTIER, BS Exercise Physiologist, Department of Health Sciences, Northeastern University • MARIE DACEY, EDD Associate Professor of Psychology, Massachusetts College of Pharmacy and Health Sciences • DIANA DILL, EDD Clinical Psychologist and Coach, Private Practice • STEPHAN ESSER, MD Fellow in Sports Medicine, Mayo Clinic Florida • DAMIAN FOLCH, MD Private Practice • ELIZABETH JOY, MD Professor in Family and Preventive Medicine, University of Utah
ACTIVE LIVES: Transforming Ourselves and Our Patients: Schedule

FRIDAY, NOVEMBER 9, 2012
7:00–8:00  Registration/Continental Breakfast

INTRODUCTION
8:00–9:00  The Importance of Physical Activity for Optimal Health
Edward M. Phillips, MD

Lifestyle Medicine in Practice: A Primary Care Perspective
9:00–10:00  Damian Folch, MD

Meet the breakout session leaders
10:00–10:15  Ryan Brooks, BS
Greg Cloutier, BS
Jennifer Green, DPT

Break/Transition to Breakouts
10:15–10:30

Break out sessions
10:30–11:15

• Exercise for you
Ryan Brooks, BS
Greg Cloutier, BS
Jennifer Green, DPT

PHYSICAL ACTIVITY/FITNESS ASSESSMENT
11:15–12:15  Physical Activity Guidelines for Americans
Elizabeth Joy, MD

12:15–1:15  Lunch (provided)

1:15–2:15  The Physical Activity Vital Sign and the Exercise Prescription
Elizabeth Joy, MD

EXERCISE RX IMPLEMENTATION AND ONGOING SUPPORT
2:15–3:15  Physical Activity for Older Adults
Jonathan E. Bean, MD, MS, MPH

3:15–3:30  Break/Transition to Breakouts

3:30–4:15  Break out sessions
3:45–5:00

• Exercise for you
Ryan Brooks, BS
Greg Cloutier, BS
Jennifer Green, DPT

4:15–5:15  Prescription for Weight Loss
Suzanne Koven, MD

SATURDAY, NOVEMBER 10, 2012
7:00–8:00  Continental Breakfast

PHYSICIAN HEALTH
8:00–9:00  Why Your Habits Matter to Your Patients
Andre LeRoy, MD

BUSINESS OF LIFESTYLE MEDICINE
9:00–10:00  Making a Living in Lifestyle Medicine: Building a Successful Practice
Sandra Lawson, MBA

Break/Transition to Breakouts
10:00–10:15

Break out sessions
10:15–11:00

• Exercise for you
Ryan Brooks, BS
Greg Cloutier, BS
Jennifer Green, DPT

Filling the Exercise Prescription
11:00–12:00  Stephanie Esser, MD

12:00–1:00  Lunch (provided)

EXERCISE COUNSELING AND BEHAVIORAL STRATEGIES
1:00–2:00  Ready, Set, Go: Supporting Self-determination and Building Willpower
Marie Dacey, EdD

Patient Centered Counseling: Connection, Partnership, Guided Discovery
2:00–3:00  Diana Dill, EdD

3:00–3:15  Break

3:15–4:15  Talking about Change: Principles of Motivational Interviewing
Joi Suzuki, MD

4:15–5:00  Commitment to Change: Keeping You and Your Patients Inspired
Faculty

Program changes/substitutions may be made without notice.

ACCREDITATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 15.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ACMG COMPETENCIES
This course is designed to meet one or more of the following Accreditation Council for Graduate Medical Education competencies:

• Patient care • Medical knowledge • Practice-based learning and improvement • Interpersonal and communication skills

• Professionalism • Systems-based practice

REGISTRATION INFORMATION
Tuition Fee: $590 (USD), Reduced Fee for Residents, Fellows in Training, and Allied Health Professionals: $425 (USD).

Registration by check or credit card (VISA or MasterCard) can be made at: www.cme.hms.harvard.edu/courses/ADAP. Registration by check must be drawn on a United States bank, please make payable to Harvard Medical School and mail with registration form to:

Harvard Medical School—Department of Continuing Education, PO Box 417476, boston, MA 02241-7476

All sessions for this course will be held at The Conference Center at Waltham Woods, 860 Winter Street, Waltham, MA (Telephone: 781-434-7499).

ACCOMMODATIONS/TRAVEL
A limited number of rooms have been reserved at Embassy Suites Waltham (Telephone: 781-890-6767) until October 19, 2012. Please specify that you are enrolled in this course to receive a reduced room rate of $135 per night Single/Double. Hotel arrangements can also be made online at: http://www.hilton.com/en/groups/personalized/B/BOSWSES-SRB-20121106/index.jhtml. Please do not purchase non-refundable airline ticket(s) until you have received an email from our office confirming your paid registration. For airline reservations contact the HMS Travel Desk toll free 1-877-4-HARVMD (1-877-442-7863) Monday–Friday 9 am–8 pm (EST). From outside the U.S., Canada, and Virgin islands, please call 617-559-3764.

DISCLOSURE POLICY

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS’s policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unembarked or investigational uses of products during their presentations.

REFUND POLICY

A handling fee of 50% is deducted for cancellation. Refund requests must be received by postal mail, email, or fax one week prior to the activity. No refunds will be made thereafter.

COURSE LOCATION
All sessions for the course will be held at The Conference Center at Waltham Woods, 860 Winter Street, Waltham, MA.

ONLINE INFORMATION

To register or view activity information online, visit: www.cme.hms.harvard.edu/courses/ADAP. To ensure proper registration, please add the first three characters of the source code found at the bottom of this registration form.

ACTIVE LIVES: Transforming Ourselves and Our Patients

November 9–10, 2012
Full Name Clearly — All Fields Required

Print Name Clearly — All Fields Required

Tuition Fee: □ $590 (USD)
□ Residents, Fellows in Training, and Allied Health Professionals: $425 (USD)

Email Address □ Please check if you wish to be excluded from receiving email notices of future Harvard Medical School – Department of Continuing Education programs.

Daytime Phone ( ) __________________________ Fax Number ( ) __________________________

Please note: Your email address is used for critical information about the course including: registration confirmation, evaluation, and certificate. Please be sure to include an email address you check daily or frequently.

Primary Specialty (Physicians Only) __________________________ Degree __________________________ Board Certified: Yes □ No □

Fax Number ( ) __________________________

Professional School Attended (Physicians Only) □ Harvard Medical School □ U.S. Medical School □ International Year of Graduation ________________

Online registrants – add the first three characters of source code found here.