



# Wellness @ Home Series

Certified Wellness@Home Specialist



The **Wellness @ Home** Series 1 is designed for healthcare providers who are interested in expanding their client services and improving clinic quality.

Using a structural business model that works toward extending billable programs, our unique educational format addresses:

- Health Assessments
- Follow-up procedures for tracking outcomes
- Ergonomic, Nutrition, Safety and Exercise Programs

Successful completion of the post **Wellness @ Home** Series 1 exam qualifies the participant as a **Certified Wellness@Home Specialist (CWS)**. You will receive a certificate indicating your credentials which are renewable every 2 years.

## Wellness @ Home Series - 1

### Cancer Wellness @ Home

Details basic exercise and wellness programs for cancer survivors. This program can be performed by most cancer survivors to improve strength, endurance and balance in a basic educational format.

### Ergonomics @ Home

Provides examples of correct body mechanics to improve safety through movement in common home tasks. Important for clients who need to enhance their basic movement, balance and posture throughout the day.

### Sensible Nutrition @ Home

An easy-to-follow nutrition and menu guide that gives helpful information on basic foods, vitamins, snacks and recipes. Planning a week's worth of meals was never so easy.

### Senior Exercise @ Home

Healthy Body, Mind and Spirit. Our gentle exercise routine provides the foundation of building strength and stamina using basic movement routines both standing and sitting. Instruction for basic exercise is presented during the workshop.

### Who should become a Certified Wellness Specialist?

Patient Assessment, Patient Education, Community Services, In-Services – if you involved in direct patient care or marketing your company's message to referrals sites and patients you can benefit from achieving your CWS credentials.

#### Assessment Personnel:

Nurses and staff who oversee and implement patient care plans; Many state professional organizations have approved the program for 6.5 CEUs

#### Administrators and Staff:

Marketing personnel, program developers, Medicare/insurance coding and billing staff

**Cost: \$159.00 plus shipping- Includes 1 CD/1 DVD/CWS processing**

To order contact:

Clinic Resource Group – 1-800-994-1143

[www.ClinicResourceGroup.com](http://www.ClinicResourceGroup.com)

The Wellness @ Home Series is produced by Medical Health & Fitness and Clinic Resource Group, Inc