



The **Wellness@Home** workshop series is designed for healthcare providers who are interested in expanding their client services and improving clinical quality.

Using a structured 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 workshop exam qualifies the participant as a **Certified Wellness Specialist**.

In addition, **Wellness@Home** offers up to 6.5 Continuing Education Credits.

**Wellness@Home** workshop includes:

### **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.

### **Exercise@Home**

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

### **Who Should Attend a Wellness@Home workshop?**

**Assessment Personnel:** Nurses and staff who oversee patient care plans.

**Administrators and Staff:** Marketing personell, program developers, Medicare/insurance coding and billing staff.

### **Typical Wellness@Home Workshop Format**

- 9:00 Registration and materials pick up
- 9:15 Introduction to **Wellness@Home**
- 9:30 Basics of Mind, Body & Spirit Exercise
- 10:00 Cancer **Wellness@Home** Programming
- 10:45 Ergonomics and Basic Body Awareness
- 12:00 Lunch and Program Review
- 1:00 Exercise Information for Other Conditions
- 1:45 Sensible Nutrition & Meal Planning
- 2:30 Information Recap and Exam Review
- 3:00 **Certified Wellness Specialist** Exam
- 3:30 Workshop Concludes



For more information and to sign up call **800-994-1143**  
or sign up online at: **www.ClinicResourceGroup.com**

*Visit our website to find a class near you!*



The Wellness@Home Workshop is produced by Medical Health & Fitness and Clinic Resource Group

The **Wellness@Home** Workshop is presented in major U.S. cities. Cost is \$159.00 per student.

This workshop may be purchased as a home study program.