

**HEALTHY TO THE BONE:  
PREVENTION &  
TREATMENT  
OF OSTEOPOROSIS**

**December 5 & 6, 2009  
9 am - 4:30 pm  
\$285 in advance  
\$300 first day of class**

**REGISTRATION FORM**

*Please enroll me in the "Healthy to the Bone: Prevention & Treatment of Osteoporosis" course, 12 CEU hours credit, December 5-6, 2009. Enclosed is my check for \_\_\_\_\_. Please make check payable to "Wellness Therapy Institute, LLC."*

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Work Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

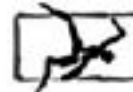
E-mail \_\_\_\_\_

Note: \$10 discount when you sign up with a friend or if you have previously taken a course from Wellness Therapy Institute! We're sorry; Wellness Therapy Institute, LLC, is unable to take credit cards.

To register, send this form, along with your check payable to "Wellness Therapy Institute, LLC," to:

Susan Welsh, PT, PhD  
Wellness Therapy Institute, LLC  
609 Metairie Road, #171  
Metairie, LA 70005

**LAST CHANCE FOR 2009 CEU's!  
NEW COURSE!**



**WELLNESS THERAPY INSTITUTE, LLC**  
Susan Welsh, PT, PhD  
609 Metairie Road, #171  
Metairie, LA 70005



**HEALTHY TO THE BONE:  
PREVENTION &  
TREATMENT  
OF OSTEOPOROSIS**

**December 5 & 6, 2009  
9 am - 4:30 pm  
New Orleans, Louisiana**

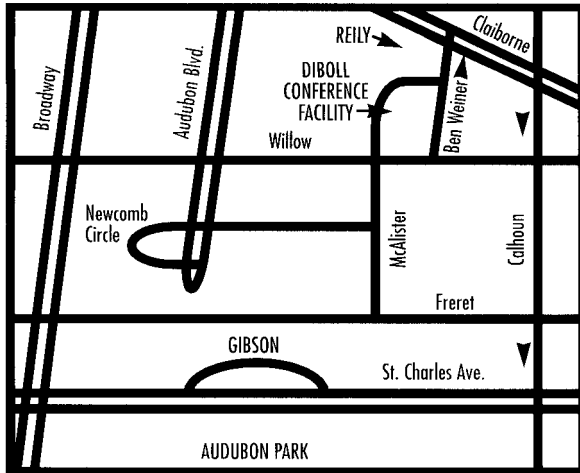
*Approved for 12 CEU credit hours  
by the LSBPTE for PTs and PTAs*



*Susan Welsh, PT, PhD*

**For more information or to reserve your space,  
contact Susan Welsh at 504-828-7616  
or [susan@wellnesstherapyinstitute.com](mailto:susan@wellnesstherapyinstitute.com)  
or see [www.wellnesstherapyinstitute.com](http://www.wellnesstherapyinstitute.com)**

**Diboll Conference Center  
Tulane University Campus  
6823 St. Charles Avenue  
New Orleans, Louisiana**



**Directions from I-10 to Diboll Conference Center, Tulane University campus:**

- Take the Carrollton Avenue southbound exit from I-10 toward Tulane University. Follow South Carrollton until you get to St. Charles Avenue and turn left.
- Go to Broadway and turn left. (You will need to go past Broadway and make a “U” turn, then return to Broadway and make a right turn.)
- Go to the first light, which is Freret Street, and turn right.
- Go to the next light at McAlister Drive and turn left.
- Follow McAlister Drive, which is a one-way street, through campus. It will curve in front of the Reilly Recreation Center and will come to a dead end at Ben Weiner Drive.
- The Tulane Parking Garage is on your right at the corner of McAlister Drive and Ben Weiner Drive. Diboll Conference Center is on the first floor of the same building that you will park in.



***Healthy to the Bone:  
Prevention & Treatment  
of Osteoporosis***

**Susan Welsh, PT, PhD**

December 5 & 6, 2009

9 am - 4:30 pm

\$285 in advance

\$300 first day of class

12 CEU hours

Diboll Conference Center

*Approved for 12 CEU credit hours  
by the LSBPTE for PTs and PTAs  
Enrollment Limited*

*Healthy to the Bone: Prevention & Treatment of Osteoporosis* is a two-day, twelve-hour course that will present the “Sara Meeks Method: A Comprehensive Treatment Strategy” plus information and training in safe Tai Chi, Yoga, Pilates and weight-training. The goal is healthy bones for life!

Osteoporosis has been called the “silent disease” because the first sign of the disease is often a fracture. It is more prevalent than coronary heart disease or diabetes. It affects all populations, including babies! It occurs in 1 of 2 women and 1 of 4 men!

In our practices we have the opportunity to recognize osteoporosis in patients, to screen for the condition prior to intervention, and to provide an evidence-based prescription for SAFE and therapeutic exercise.

I have been studying with Sara for the last few years. Her work and ideas are important for all of us to incorporate in our work with patients, clients, and exercise classes, as well as in our own personal exercise programs. What I like best about this work is the emphasis on posture and alignment and how to carry over healthy concepts of posture and alignment into all of our life activities.

The “triangle of management” for osteoporosis includes exercise, medication and diet. This course focuses on the exercise part of the triangle, but it will also include the latest information on diet and medication.

In this course two-day course you will learn:

- Pre-screening to determine if the patient has osteoporosis or is a fracture risk;
- How to recognize and reverse the patterns of postural change;
- How to thoroughly assess the patient with tools that are valid, reliable and can be used to measure progress;
- Easy, effective, site-specific exercises that can be used and progressed with minimally to severely involved patients;
- Instruction in ADLs, body mechanics and positioning in a way that is meaningful and useful to individual patients;
- Instruction in posture, balance and gait with emphasis on correct body alignment;
- Use of bracing as an adjunct to exercise in frail patients or those with fractures;
- How to advise on exercise programs patients and clients may currently be doing including Tai Chi, Yoga, Pilates, gym machines, senior classes, etc.

**Instructor**

Susan Welsh, PT, PhD, has been a PT since 1974 and is currently director of the PTA Program at Delgado Community College. She developed the Wellness Therapy Institute in 2000 to provide post-graduate wellness and clinical courses to health professionals in Louisiana.

Susan is completing training for certification in the Meeks Method, which includes safe Yoga and Pilates. She has extensive experience in Tai Chi and is a teacher of Dr. Yang Yang’s Evidence-Based Taiji (Tai Chi). Susan is currently teaching a class for seniors that includes both Tai Chi and principles of the Meeks Method for healthy bones and fall prevention.



*Susan Welsh, PT, PhD*