Well-being Grand Rounds

Physical Health is Wealth

Seena Haines, PharmD, BCACP, CHWC, NBC-HWC, FASHP, FCCP, FAPhA, FNAP, RYT500
Professor, Department of Pharmacy Practice, Director for Professional Well-Being and Belonging

Tuesday, January 17 from 11 a.m. - 12 p.m. online via WebEx

Watch Online

Educational Objectives

At the conclusion of this activity, the learner should be able to:

- Identify how the stress cycle can be positively impacted by physical activity
- Review the American College of Sports Medicine (ACSM) guideline recommendations for physical activity.
- Create an action plan to initiate a physical activity goal over the next 30 to 60 days

Target Audience: Physicians, Nurse Practitioners, Nurses, and other interested health care providers. No planners or speakers have any relevant financial relationships to disclose. There are no fees for participating in this live activity.

Questions? Contact The Office of Well-being at officeofwellbeing@umc.edu

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