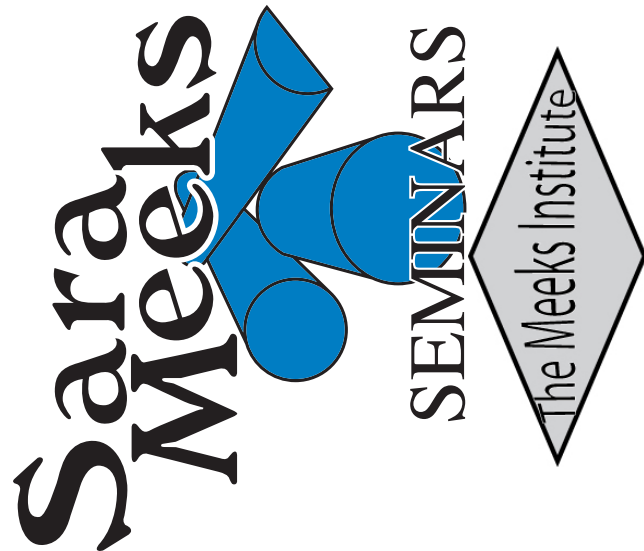


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For Seminar Registration  
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Expires December 31, 2015



ATLANTA GA  
COLUMBUS OH  
MADIERA BEACH FL



The MEEKS METHOD™  
A Comprehensive Exercise & Movement  
Approach to Bone Health Levels 1-3

**LEVEL 1**  
2015

- \*\*SCOTTSDALE AZ October 17-18
  - \*\*VIRGINIA BEACH VA November 7-8  
INSTRUCTOR: FRANK CIUBA PT
  - \*\*BLOOMINGTON IN November 7-8  
INSTRUCTOR: DEB GULBRANDSON PT DPT
  - \*\*ATLANTA GA November 14-15
  - COLUMBUS OH December 5-6**
- 2016
- \*\*MONROE NC March 19-20
  - \*\*ORLANDO FL April 9-10
  - \*\*CARY IL April 9-10  
INSTRUCTOR: DEB GULBRANDSON PT DPT
  - MADIERA BEACH FL July 16-17**
  - \*\*COLUMBIA SC October 15-16

**LEVEL 2**  
2015

- SCOTTSDALE AZ October 24-25
- RAPID CITY/KEYSTONE SD (Fri/Sat) October 28-29

**LEVEL 3**  
2016

- MIDDLETOWN CT Early 2016 Date TBA

\*\*Registration at [www.motivationsceu.com](http://www.motivationsceu.com)  
All other (bolded) locations at [www.sarameekspt.com](http://www.sarameekspt.com)

**!NEW!**  
**MOVING SEMINARS WITH SARA MEEKS**  
**APPALACHIAN TRAIL**  
**WALK FOR BETTER BONES**  
April 2017  
352-262-6484 or [sara@sarameekspt.com](mailto:sara@sarameekspt.com)

**SARA MEEKS PT, MS, GCS, KYT**

**I HAVE A DREAM**



I have a dream that someday every person, regardless of age, gender, ethnicity, lifestyle or any other factor, who has any musculoskeletal condition (including Osteoporosis and/or Osteopenia) will be able to enter any facility or class where exercise and movement are being taught, and that person will be given a program that is #1 **SAFE**. Hopefully, that program will also be effective and improve a person's over-all well-being and quality of life.

This is NOT the case today.

When you experience my seminar, you will find out why and, as you learn new principles of movement and exercise designed for skeletal health and safety, you can help me fulfill my dream.

**As many others have done, you, too, can become a Dreamer!**

**Sara**

- has developed a 12-point, comprehensive, site-specific, SAFE, effective program of exercise and movement based on REVERSAL of The Patterns of Postural Change© (see diagram below) that occur AS, but not BECAUSE, people age.
- founded the Special Interest Group on Bone Health, Section on Geriatrics, APTA
- has taught all or part of this seminar at both APTA Annual Conference and CSM, in Canada, Australia, India, Italy, Hungary, Czech Republic, Poland and at Mayo Clinic, Cleveland Clinic, Kaiser Permanente, Johns Hopkins and Ohio Health

**and is**

- a pioneer in the field of postural correction and body alignment
- the recipient of the Section on Geriatrics Excellence in Clinical Practice Award
- a Physical Therapy Consultant for Osteoporosis Canada's BoneFit program,
- an international presenter to health professionals and the public on posture, body alignment and bone health.

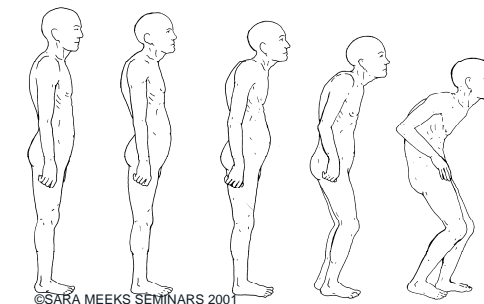
With over 53 years of clinical experience, 31 of those years focusing on the management of persons with low bone mass, and diagnosed with osteoporosis herself, Sara brings passion, wisdom, humor and a distinct sense of mission to her seminars.

Come and find out why therapists and other health professionals are giving positive feedback such as this:

**"I no longer feel like a deer in the headlights when I see my next post compression fracture patient."** M.H., PT PA

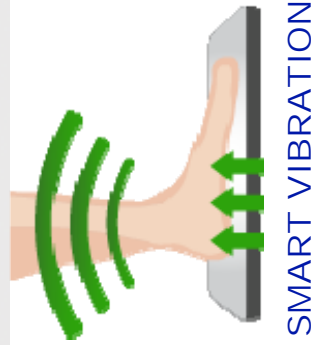
**WEBINAR OCTOBER 6, 2015**

**OSTEOPOROSIS: There IS Something You Can Do About It!**  
Practical Applications for Practice  
[www.ptseminars.net](http://www.ptseminars.net)



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COME AND LEARN HOW TO  
**PREVENT ARREST &**  
and/or **REVERSE**  
The **PATTERNS OF POSTURAL CHANGE**  
Experience the  
**"Single Best Exercise To Alleviate Most Back Pain"**



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to each user



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- ◇ Assists in strengthening & conditioning during rehabilitation
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- ◇ Improves local circulation during use
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- ◇ Relieves minor aches and pains
- ◇ Redevelops muscles

LivMD is part of the comprehensive approach of

The MEEKS METHOD

For more information send an email to [sara@sarameekspt.com](mailto:sara@sarameekspt.com) or call us at 352-262-6484



## THE MEEKS METHOD™

### A COMPREHENSIVE EXERCISE & MOVEMENT APPROACH TO BONE HEALTH LEVEL 1 FUNCTION FOLLOWS FORM

#### OBJECTIVES

Upon Completion of this Course, Participants will be able to:

1. Articulate information on the diagnosis, first signs and risk factors, epidemiology and pathology of Osteoporosis and Osteopenia.
2. With a Pre-Assessment, know how to identify people who may be at risk in their clinic.
3. Know why the interventions for normal bone, osteopenia and osteoporosis would be essentially the same but how they might differ according to the clinical condition of the patient.
4. Articulate elements of a thorough assessment with tools that can be used to measure progress.
5. Apply the concept of the Patterns of Postural Change© to exercise prescription.
6. Know the principle of Isolate-Activate-Integrate—apply these principles to exercise prescription..
7. Instruct Postural Correction, Balance & Gait Training according to The Meeks Method
8. Identify specific treatment guidelines and considerations for patients in all settings.
9. Understand the importance of/be able to instruct patients in safe ADL's and body mechanics
10. Be familiar with suggested use of modalities and treatments to augment the exercises.
11. Know when/how to make referrals to other health professionals.
12. Apply concepts of safety and advise patients on advanced exercise programs.

#### COURSE OUTLINE

##### DAY 1

7:30—8:30 AM Registration/Continental Breakfast  
8:30 AM — 5:30 PM

Introductory Information  
Laying the Foundation  
Gait-Posture-Balance  
Site-Specific Exercise

##### DAY 2—8:30 am—5:30 pm

Patient Pre-Assessment and Assessment  
Site-Specific Exercise

(Includes Resistance Band and Foam Rollers)  
General Exercise Guidelines  
ADL's

Standing Wall Exercises & Exercise Demos  
Gym & Fitness; Modalities

To Participants

1. Wear casual clothing—this is an experiential seminar—dress in layers to accommodate for changes in room temperature
2. Bring exercise mat or towel, one standard bath towel, 1 washcloth and 2 hand towels

## SEMINAR REGISTRATION

Student/Faculty Ratio 16:1

Detach and return this portion with your check or credit card information to:

SARA MEEKS SEMINARS  
PO Box 5577—Gainesville, FL 32627-5577  
or call 352-262-6484

NAME \_\_\_\_\_

PT \_\_\_\_\_ PTA \_\_\_\_\_ OT \_\_\_\_\_ COTA \_\_\_\_\_ OTHER (Specify) \_\_\_\_\_

License # and State: \_\_\_\_\_

NICKNAME OR PREFERRED FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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#### LEVEL 1 SEMINAR \_\_\_\_\_ LOCATION \_\_\_\_\_ DATE \_\_\_\_\_

LEVEL 2 SEMINAR \_\_\_\_\_

Level 3 SEMINAR \_\_\_\_\_

SEMINAR FEE Postmarked 4 weeks in advance..... \$425.00

LATE REGISTRTRION..... \$475.00

TOTAL ENCLOSED OR CREDIT CARD CHARGE..... \$.....

(Fee includes all course sessions, course manual, continental breakfasts, snacks, foam roller.)

#### POLICIES REGARDING REGISTRATION

CONFIRMATION letter and information regarding hotel accommodations will be sent upon receipt of registration form and fee.

CANCELLATION must be received in writing at least two weeks prior to seminar date for tuition refund less a \$50.00 transferrable administrative fee. After that date, credit will be given toward future seminars.

EDUCATIONAL CREDIT: Each level has been approved by F.P.T.A. for 18 CEH for P.T.'s and P.T.A.'s

COURSE CANCELLATION: SARA MEEKS SEMINARS reserves the right to cancel a course up to two weeks prior to the starting date. In the event of cancellation of a course due to unforeseen circumstances, tuition fees only will be refunded. SARA MEEKS SEMINARS is not responsible for reimbursement of non-refundable airline tickets.