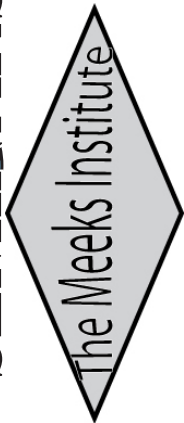


PRESORTED STANDARD  
U.S. POSTAGE PAID  
PERMIT 188  
GAINESVILLE, FL

Address Service Requested

P.O. BOX 5577  
GAINESVILLE, FL 32627-5577  
WWW.SARAMEEKSPPT.COM



Interested in Hosting a Sara Meeks Seminar?  
Call 352-262-6484!

**\$50.00 COUPON**  
For Seminar Registration  
Telephone 352-262-6484  
**Expires June 10, 2016**  
For COURSES SPONSORED BY  
SARA MEEKS SEMINARS ONLY

MADEIRA BEACH FL  
NEWARK NJ  
**NEW!**



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

**2016**

**LEVEL 1**

**MADEIRA BEACH FL** July 16-17  
**\*\*AUSTIN TX** Sept 17-18  
INSTRUCTOR: DEB GULBRANDSON PT DPT  
**\*\*SEATTLE WA** Oct 8-9  
INSTRUCTOR: DEB GULBRANDSON PT DPT  
**NEWARK NJ** Oct 28-29  
**\*\*BROOKLYN NY** Nov 19-20  
INSTRUCTOR: FRANK CIUBA PT

**LEVEL 2**

**VIRGINIA BEACH VA** June 11-12  
**DEADWOOD SD** October 8-9  
**MONROE NC** Spring 2017

\*\*Registration at [www.motivationsceu.com](http://www.motivationsceu.com)  
All other (bolded) locations at [www.sarameekspt.com](http://www.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 *Low Bone Mass*) 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 therapeutic, 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 thousands of 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 necessarily BECAUSE, people age.
- Is now a Lifetime member of the APTA
- 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 in the U.S. 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
- recipient of the Section on Geriatrics Excellence in Clinical Practice Award
- Physical Therapy Consultant for Osteoporosis Canada's BoneFit program,
- presenter to health professionals and the public on posture, body alignment and bone health internationally.

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

**“OMG! I LEARNED SO MUCH!”**

**J.H. PT**

Participant with 30 years' experience at Edenton NC April 2016

\*\*\*\*\*

**“WONDERFUL! EYE OPENING!  
EXERCISES FOR IMMEDIATE USE  
THANK YOU, THANK YOU, THANK YOU!”**

**J.D. PT**

Participant with 44 years' experience at Potsdam NY April 2016

COME AND LEARN HOW TO

**PREVENT, ARREST & and/or REVERSE  
The PATTERNS OF POSTURAL CHANGE**

\*\*\*\*\*

Experience the

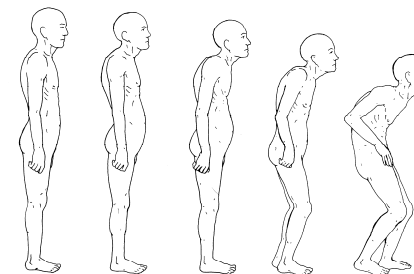
**“Single Best Exercise For Most  
Back Pain”**

\*\*\*\*\*

**Up-dated Information at Every Course**

\*\*\*\*\*

**CEU's, Chocolate, Marbles, Fig Leaf,  
Float Your Boats & Much More Fun!**



©SARA MEEKS SEMINARS 2001



## The Spinomed Orthosis for Osteoporosis

- Strengthens the back
- Promotes better balance
- Increases vital capacity
- Increases compliance

“This is the single most significant advancement in the conservative management of osteoporosis and compression fracture EVER!”

*Sara M. Meeks, PT, MS, GCS*

medi. I feel better

## THE MEEKS METHOD™

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

Log onto [www.sarameekspt.com](http://www.sarameekspt.com) for info on Levels 2 & 3

#### COURSE 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 Low Bone Mass,
2. With a Pre-Assessment, know how to identify people who may be at risk in their clinic.
3. Articulate a thorough assessment process with valid, reliable tools to measure progress.
4. Know why interventions for better bone health would differ according to the clinical condition of the patient.
5. Apply the concept of the Patterns of Postural Change© to exercise prescription.
6. Apply the principle of Isolate-Activate-Integrate to exercise prescription..
7. Instruct Postural Correction, Balance & Gait Training intervention according to The Meeks Method
8. Identify specific treatment guidelines and considerations for patients in all settings.
9. Instruct patients in safe ADL's and body mechanics
10. Be familiar with suggested use of modalities to augment the exercise program.
11. Know when to make referrals to other health professionals.
12. Apply concepts of safety and therapeutic intent in 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
2. Dress in layers to accommodate for changes in room temperature
3. Bring exercise mat or towel, one standard bath towel, 1 washcloth and 2 hand towels
4. Register early — class sizes can be limited

## 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 \_\_\_\_\_ DATE \_\_\_\_\_  
PT \_\_\_\_\_ PTA \_\_\_\_\_ OT \_\_\_\_\_ COTA \_\_\_\_\_ OTHER (Specify) \_\_\_\_\_  
License # and State: \_\_\_\_\_  
NICKNAME OR PREFERRED FIRST NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_  
EMAIL \_\_\_\_\_  
CHECK # \_\_\_\_\_ VISA \_\_\_\_\_ MC \_\_\_\_\_ DISCOVER \_\_\_\_\_ AMEX \_\_\_\_\_  
# \_\_\_\_\_ EXP \_\_\_\_\_

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

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

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

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

LATE REGISTRTION.....\$475.00

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

(Fee includes all course sessions, course manual, continental breakfasts, snacks, foam roller, CEU'S, Chocolate, Marbles and More!)

#### POLICIES REGARDING REGISTRATION THROUGH SARA MEEKS SEMINARS

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: All levels approved for CEU's for PT's and PTA'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.