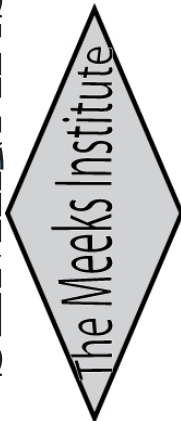


P.O. BOX 5577
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Interested in Hosting a Sara Meeks Seminar?
 Call 352-262-6484!

WATERTOWN NY
 ORLANDO FL
 SALT LAKE CITY UT
 WATERBURY CT
 SEATTLE WA



CHOCOLATE LOVERS CITY OF HOPE 2017

COURSE SCHEDULE—2017-2018

Unless otherwise indicated, courses are taught by Sara Meeks

LEVEL 1 — 2017

WATERTOWN NY (SMS)	Sept 9-10
ORLANDO FL**	Sept 23-24
SALT LAKE CITY UT (SMS)	Oct 7-8
SEATTLE WA**	Oct 14-15
INSTRUCTOR: DEB GULBRANDSON PT DPT	
WATERBURY CT**	Oct 14-15
INSTRUCTOR: FRANK CIUBA DPT MS	
TAMPA FL**	Oct 21-22
SAN ANTONIO TX**	Nov 4-5
INSTRUCTOR: FRANK CIUBA DPT MS	

LEVEL 1 — 2018

ARCADIA CA (SMS)	Feb 3-4
FRANKLIN NC (SMS)	TBA

LEVEL 2 — 2018

ORLANDO FL	Jan 20-21
CITY OF HOPE-DUARTE CA	Feb 10-11

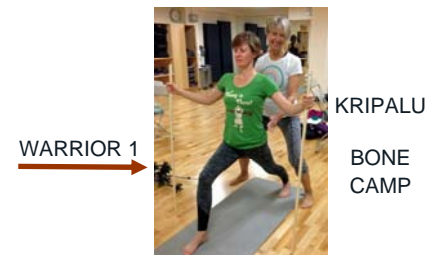
**!NEW! - - -YOGA FOR MOVEMENT PROFESSIONALS
 No Yoga Experience Necessary**

KRIPALU CENTER LENOX MA Aug 27-30
 See NEWS section sarameekspt.com/news for details

or log onto:

<https://kripalu.org/presenters-programs/optimal-alignment-and-beyondbringing-safety-and-depth-yoga-practice>

**Registration at www.motivationsceu.com
 All other locations at www.sarameekspt.com (SMS)
 Unless otherwise indicated, courses taught by Sara Meeks PT



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 S.A.F.E.* Hopefully, the 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!

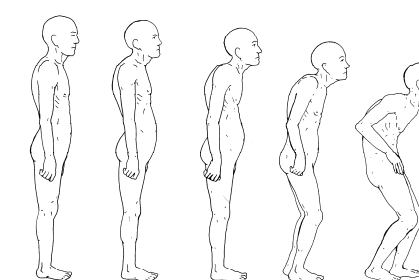
Sara

- ◇ has developed a 12-point, comprehensive, site-specific, S.A.F.E., 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: **The MEEKS METHOD™**
 - ◇ 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, Ohio Health, City of Hope, several APTA State Chapters, and locations around the U.S. **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.
 - ◇ A Yoga practitioner since 1977 and a Certified Kripalu Yoga instructor since 1984
- With 55 years of clinical experience, 33 of them focusing on the management of people with low bone mass, and diagnosed with osteoporosis herself, Sara brings passion, wisdom, humor, perspective and a distinct sense of mission to her seminars.

**"THIS COURSE WILL CHANGE HOW I TREAT"
 A.H. PT, NY

**"VERY INFORMATIVE COURSE, SIMPLE,
 UNDERSTANDABLE, VERY USEFUL"
 Participant—City of Hope Duarte CA January 2017

**"PRACTICAL APPLICATION
 I HAVE A NEW VIEWPOINT" A.H. PT, PA**



©SARA MEEKS SEMINARS 2001

COME...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!
NEW—FINGER-LOCK Stretching



The Spinomed Orthosis for Osteoporosis

- Strengthens the back extensors & abdominals
- 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 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, including evidence that osteoporosis begins before birth and fracture in old age is linked to low birth weight.
2. Take home a Screening Form to identify people who may be at risk for osteoporosis and/or fracture.
3. Articulate a thorough evaluation process with valid, reliable tools to measure progress.
4. Explain why interventions for better bone health would differ according to the clinical condition of the patient.
5. Articulate how principles of The Meeks Method apply to the management of spinal stenosis, scoliosis, other back pathology and also neurological conditions.
6. Apply the concept of the Patterns of Postural Change© and the principle of Isolate-Activate-Integrate to exercise prescription.
7. Instruct Postural Correction, Balance & Gait Training intervention with The Meeks Method
8. Identify specific treatment guidelines and considerations for patients in all settings.
9. Instruct patients in safe body mechanics during ADL's.
10. Be familiar with 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 Screening and Evaluation
General Exercise Guidelines
ADL's

Standing Wall Exercises & Exercise Demos
Modalities-Gym & Fitness Guidelines—Wrap-Up

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, 1 standard bath towel, 1 washcloth, 2 hand towels
4. Register early — class sizes can be limited
5. Come for Fun!—Marbles, Chinese Finger Lock, Chocolate, Fig Leaf, Bumstring, Umbrellas and More—using Visual Imagery to Enhance the Learning Process

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 _____
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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.....\$450.00
TOTAL ENCLOSED OR CREDIT CARD CHARGE.....	\$.....\$495.00

(Fee includes all course sessions, course manual, continental breakfasts, snacks, foam roller, CEU'S 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: Seminars are 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. Courses sponsored by Motivationsceu are subject to the cancellation policies of Motivationsceu.