

Complimentary Continuing Education Webinar

Join us for a FREE webinar that offers one (1) hour of continuing education credit for the following California Professionals: RCFE Administrators, licensed RNs and LVNS, LMFTs, LCSWs, LEPs, LPCCs and CLFPS.

Requirements for CE Credit: Participants must attend for a minimum of 60 minutes, have access to both audio and visual elements, respond to poll questions during the webinar, and return the completed course evaluation.

EXERCISE AS MEDICINE FOR BRAIN HEALTH

TUESDAY, APRIL 9, 2024 11:30AM PST - 12:30PM PST

There is an increased risk of cognitive impairment as we age but research shows that exercise can have a profound impact on cognitive function and brain health. Join us as we delve into the physiological mechanism underlying how physical activity enhances brain function and examine evidence-based strategies for incorporating exercise into lifestyle interventions for improving mental well-being and cognitive performance. Through interdisciplinary perspectives, this class illuminates exercise as a potent form of medicine for optimizing brain function and promoting overall mental wellness.

At the completion of the course, participants will be able to:

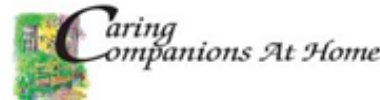
1. Define the role of exercise in cognitive enhancement and its impact on brain health.
2. Discuss empirical evidence supporting the use of exercise as a tool for improving cognitive abilities such as memory, attention, and executive function.
3. Formulate personalized exercise plans, utilizing evidence-based strategies to optimize cognitive function in diverse populations.

TO REGISTER- CLICK HERE OR GO TO: [HTTPS://BIT.LY/WEBINARAPRIL2024](https://bit.ly/webinarapril2024)



Presenter: Dr. James Hicks Jim received his Ph.D. in biomedical sciences from the School of Medicine, the University of New Mexico, in 1984, followed by postdoctoral research at the Max Planck Institute for Experimental Medicine, Göttingen Germany, and Scripps Institution of Oceanography, UC San Diego. In 1992, Jim joined the Department of Ecology and Evolutionary Biology at UC Irvine. As a broadly trained integrative physiologist, Jim is internationally known for his work on the comparative and evolutionary physiology of the vertebrate cardiopulmonary system. He has authored over 120 articles on topics ranging from the evolution of the vertebrate heart to the effects of microgravity on the human body.

This webinar is brought to you by the following organizations:



For additional information about Alzheimer's Orange County's continuing education policies, including accommodations or a disability, reporting a grievance and certificates of completion, go to: www.alzoc.org/WebinarCEpolicies

CAMFT (BBS): Alzheimer's Orange County (AlzOC) is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. AlzOC maintains responsibility for this program/course and its content. This course meets the qualifications for 1 hour of continuing education credit as required by the California Board of Behavioral Sciences. AlzOC CAMFT CE Provider #134760.

BRN: Provider approved by the California Board of Registered Nursing (BRN), Alzheimer's Orange County, Provider #CEP 14757, for 1 contact hour. This document must be retained by the licensee for a period of four years after the course concludes.

RCFE: Course pending approval by the California Department of Social Services (CDSS) for 1 hour of live stream, webinar continuing education credit for RCFE administrator recertification. Course Alzheimer's Orange County, RCFE Vendor #2000147-740-2. Core of Knowledge: Physical Needs for Elderly Persons