



Registered Nurses Professional Association

Posture "It's Not What You Think"



Tuesday, September 21, 2010

8:00AM-4:00 PM

Wyndham Hotel

Course Description

80% of the population in the United States suffers from back pain, compared to only 5% in many other countries. This interactive presentation will introduce participants to the concept of Balance when sitting, standing, bending, and walking. Nurses will be able to immediately use this information to improve their posture and reduce pain and injuries at work and at home.

Participants will also learn how to prevent injuries in specific patient care situations by safely placing their patients in positions that maintain body alignment.

Objectives

By the end of the class participants will be able to:

- ◆ Identify the principles of Balanced Posture
- ◆ Identify the term "on the line"
- ◆ Describe the consequences of poor posture
- ◆ Apply the principles of Balance to self and patients
- ◆ Recognize the importance of optimal patient positioning
- ◆ Demonstrate Balanced patient positioning techniques.

Speaker Jean Couch



Jean Couch is the author of *The Runner's Yoga Book*, which has sold over 150,000 copies. She co-hosted "Yoga for Today" on KQED TV in the San Francisco Bay Area. Jean has presented workshops and lectures throughout the U.S. and Canada on yoga, movement, stretching for runners, and Balance. Since 1988 she has been involved in empirical research studying populations of people who have no back or joint pain. She is further founder and director of the Balance Center, where she has developed methods for teaching concrete guidelines for pain free posture. She teaches Balance, yoga, and the Balance Teacher Certification Course. Jean has a B.A. from the University of Iowa and a Master's degree from Stanford University in Education. Sources such as *The Yoga Journal* have called her "a remarkable teacher." She is an inspirational speaker, and has dedicated her life to helping people conquer their pain.



Please Wear Comfortable Clothes



Registered Nurses Professional Association

Registration Form

Tuesday, September 21, 2010

8:00AM - 4:00 PM

Registration & Continental Breakfast : 7:30AM-8:00AM

Registration

Registration is by U.S. Mail, or accepted at RNPA, 950 South Bascom Ave, Suite 2120, San Jose, CA 95128. **Please note: We do not accept faxes for registration. We do not receive pony mail.**

Registration will only be accepted on the form provided below.

Applicable fees must accompany registration.

Pre-registration is required.

The last day to register is **Monday September 14th at 3:30 PM. Please call the RNPA office for confirmation of registration. Phone: 408-292-6061**

Fees

RNPA Members: **\$50.00**

All Others: **\$75.00**

On Site Registration:

RNPA paying members: **\$65.00**

All others: **\$90.00**

Refund Policy

Refunds less a \$5.00 administrative fee will be issued if your cancellation is received no later than 3 working days prior to the class date.

Continuing Education Hours

This workshop provides 7.5 contact hours.

Provider approved by the California Board of Registered Nursing, Provider #12640.

Location

Wyndham Hotel

1350 North 1st Street

San Jose, CA 95112

Phone: (408)451-3022

Directions from RNPA office:

Start out going **North** on **S. Bascom Ave** toward **Maywood Ave.** Merge onto **I-880 N** toward **Oakland.** Take the **First Street** exit, **Exit 4A.** Turn **Left** onto **N 1st Street.**

PLEASE NOTE

THERE WILL BE NO LATE ADMITTANCE TO THE CLASS

Class is Limited to 150 People

Posture "It's Not What You Think"
Tuesday, September 21, 2010

Name _____

Address _____

Home Phone _____ Work Phone _____

RN License Number _____ Work Area _____

Clinical Nurse Status _____ Shift _____ Code _____

Lunch Provided

