



Healthy-Steps™ Instructor Certification

Moving you to better health with the **Lebed Method**

INSTRUCTOR CERTIFICATION TRAINING WORKSHOP REGISTRATION PACKAGE

PLEASE CHECK THE CALENDAR AND SEE
WHO YOUR TRAINER IS BEFORE SENDING PAYMENTS

*Training workshops are taught by any one of the following
Certified Lebed Method Trainers (CLMT):*

Sherry Lebed Davis	CLMT/MT, founder & co-developer Master Level Trainer
<i>Lisa Houle</i>	CLMT/MT
<i>Kim Thornton</i>	CLMT
<i>Julia Williams</i>	CLMTA
<i>Diane Ouellette Barnaby</i>	CLMT
<i>Rebecca Boomershine</i>	CLMT
<i>Jackie Buller</i>	CLMT
<i>Janet Capstick</i>	CLMT
<i>Laura Dowell</i>	CLMT
<i>Katharina Hesse</i>	CLMT
<i>Linda McDonald</i>	CLMTA

The Lebed Method is a Provider for AOTA CEUS



**APPROVED PROVIDER of
CONTINUING EDUCATION**

by The American Occupational
Therapy Association, Inc.

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INTRODUCTION

WHAT IS HEALTHY-STEPS?

There are more than 2.5 million Breast Cancer survivors living today and on average, approximately 203,000 more people will be diagnosed every year in the United States alone. Because survivors are living longer, there is a greater need for increasing the quality of life for these survivors, and the Lebed Method began as an important part of this process. The Lebed Method, Focus on Healing Through Movement and Dance® was created and continues to be developed by Sherry Lebed Davis and Dr. Marc Lebed in 1989. It is a medically based programme with two published studies and more on the horizon. The programme is recommended by many national cancer organizations and is currently being taught in more than 700 hospitals and centers. We currently have over 600 Certified Instructors in the United States and in more than 12 countries (including: Canada, Mexico, United Kingdom, South Korea, South Africa, Bahamas, Turkey, England, Australia, Puerto Rico, and Indonesia). This 6 to 8 week therapeutic exercise programme was originally designed for women who have had breast surgery, node dissection, radiation or chemotherapy.

In 2009 The Lebed Method became Healthy-Steps, moving you to better health with the Lebed Method to move further into a servicing a larger population of people.

HOWEVER, SINCE 2000, HEALTHY-STEPS HAS PROVEN TO BE HELPFUL FOR INDIVIDUALS COPING WITH OTHER CONDITIONS, SUCH AS:

- All types of cancer for men and women.
- Upper & lower Lymphoedema to reduce swelling & increase quality of life.
- Those suffering from any chronic illness (i.e., Chronic Fatigue Syndrome, Muscular Dystrophy, Fibromyalgia, Parkinson Disease, MS etc.) .
- The Lebed Method exercises can be done sitting in a chair or from a bed.
- The elderly or anyone having difficulty with mobility, posture and energy levels.
- A wellness programme done on land and in water.
- A programme for those who are pregnant.
- A programme for children with cancer, Lymphoedema, chronic illness and emotional Disabilities.
- Now a Maternity Programme
- Healthy-Steps in the Water
- Healthy-Steps with Autistic Population
- Diabetes
- And Healthy Seniors
- A wellness programme
- And much more...

With two published studies, two medical abstracts, and more on the horizon, this medically based programme meets many wellness needs.



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BENEFITS OF HEALTHY-STEPS PROGRAMME

Healthy-Steps takes traditional physiotherapy movements out of the clinical setting and translates them into dance and exercise language, providing a more motivating environment. Exercise and movement meets Samba!! Specially selected music stimulates patients to move more freely than they normally would and redirects their minds away from pain and limitation and instead toward feeling the movement through the music. The group setting also allows patients to see improvement in the physical abilities of others, reinforcing that it is also possible for them, too! As patients progress through the Healthy-Steps programme, most will see significant improvement in the following ways:

- Healthy-Steps helps to increase overall range of motion.
- Is particularly helpful in increasing upper body mobility
- May help decrease risk of Lymphoedema & reduce swelling
- Reduce frozen shoulder
- Improve overall posture
- Assist in structurally re-balancing the body
- Increase positive body image
- Elevate self-esteem
- Regain sensuality
- Provide a supportive environment with other survivors
- Decrease depression
- Increase flexibility and strength
- Improve quality of life **...SURVIVING IS IMPORTANT, BUT THRIVING IS ELEGANT!**
- Create empowerment

Healthy-Steps, Moving You to Better Health with the Lebed Method, offering wellness programmes for everyone, from young adults to seniors, regardless of health, age or ability level. The Healthy-Steps programme improves overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image. A specialized programme for children, "Creative Rhythms", is even available to serve the needs of children with Cancer or other chronic illnesses or medical conditions.



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WHO IS APPROPRIATE FOR HEALTHY-STEPS CERTIFICATION TRAINING?

- Medical Doctors: Family Practice, Internal Medicine
- Specialist: Oncologist, Orthopedic Surgeons, Geriatrics
- Nursing: RN, LPN, Nurse Practitioners
- Occupational Therapists
- Physical Therapists
- Lymphoedema Therapists
- Massage Therapists
- Dance Therapists
- Mental Health Professionals: Psychologists, Counselors, Social Workers
- Fitness Instructors & Personal Trainers
- Breast Cancer Survivors, Cancer Survivors
- Anyone wanting to bring Healthy-Steps to their community
- **No prerequisites are needed to participate in Healthy-Steps Certification Training**

THE FOUNDER

Sherry Lebed Davis is a Breast Cancer Survivor, a thriver of Lymphoedema, Hep C and a dance movement specialist based out of Seattle, Washington. She has published papers in several national medical journals, as well as articles in magazines such as People, Coping, MAMM, Dance Teacher, as well as other magazines. The programme has been featured on The Today Show, Life Time Live, BBC, ABC Nightly News, and more. The Lebed Method has appeared in most newspapers including the LA Times, NY Times and Seattle Times. Sherry is a national and international speaker, having presented at the CURE Conferences, Susan G. Komen Cruise for the Cure, Oncology Nurses Symposiums, National Lymphoedema Network Conference, the National American Cancer Society Conference, the National Conference for Reach to Recovery and many additional events.

Sherry has a BFA in dance and, since 1980; Sherry has been a hospital-based dance movement specialist. Together with two surgeons, she developed The Lebed Method primarily to assist women regain and maintain range of motion, eliminate frozen shoulder and reduce the risk of Lymphoedema following breast surgery. TLM has also been helpful in centering physical and emotional issues related to loss of motion as well as decreasing fatigue through movement, dance and certain exercises. One of the original surgeons, Dr. Marc Lebed, was involved in the programme's development and has an active role as The Lebed Method Medical Director and Advisor.

Healthy-Steps is now a worldwide Organization providing unique wellness programmes for special populations!



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CERTIFICATION TRAINING

THE HEALTHY-STEPS INSTRUCTOR TRAINING WORKSHOP OBJECTIVES

The three-day certification training course offers a comprehensive overview of **Healthy-Steps** programme, as well as the physical and emotional value it has to offer your clients. All of The Lebed Method exercises are introduced with in-depth instructions and include an experiential component where students will be expected to participate in each of the exercises. The training is limited to 20 participants per session to ensure ample time to address individual questions and concerns. Upon completion of the training, you will learn:

- Learn why we do certain exercises and the benefits of each
- Understand the role of proper exercise for your client's physical and emotional well being
- Proper and safe way to regain and maintain Range of Motion through exercise
- Address problems of frozen shoulder/Lebed Method techniques to increase ROM
- Identify which areas of the body are used during each section of **Healthy-Steps**
- How to do **Healthy-Steps** therapeutic exercise programme
- Understanding physiology of Lymphoedema as it pertains to **Healthy-Steps** Signs of Lymphoedema
- Exercises that work for Lymphoedema
- How long, when, and how much do they do **Healthy-Steps** in a class
- Where you need to "stay in the box" **Healthy-Steps** and where you can be creative and expand
- The **Healthy-Steps** programme's history
- "How to Instruct" a **Healthy-Steps** class
- Instruct in use of Resist a Bands ® and specific exercises to do and not to do
- Do's and don'ts of **Healthy-Steps** When should your client begin and how to adapt (TLM) programme
- Explore/instruct in the use of Music and it's impact on recovery
- Marketing techniques and how to make **Healthy-Steps** a success for you, your clients and your center
- How to be an educator during your classes
- When to refer to other health care professionals
- Understand the proper way to instruct and teach your clients
- Three day agenda attached

All three days of training begin at 9:30am (promptly) and end at 6pm. There will be homework assignments given for the first two evenings of training. Our trainings are very intensive, so please plan accordingly to keep your evenings available to complete additional assignments. You will be given an open book examination to take home after the training, which is to be completed and mailed back to the **Healthy-Steps** business office within one week from the last date of training.

INSTRUCTOR TRAINING



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Healthy-Steps Certification provides you with the opportunity to improve the lives of others, while improving your own life and financial well-being. This programme is a perfect addition for medical centers and hospitals, exercise and fitness centers, dance and yoga centers, religious centers, etc.

Healthy-Steps certification provides you with access to everything you need to begin and grow a successful a Healthy-Steps programme.

Instructor certification includes technical training, as well as access to marketing resources and how-to guides, promotional materials and licensed merchandise. As a Healthy-Steps instructor, you'll also have access to a world-wide network of Healthy-Steps instructors, providing each other with guidance, expertise and encouragement.

Sherry Lebed Davis, the founder is one of the foremost authorities on the use of movement for the healing and prevention of complications from breast cancer surgery and other related treatments. She is the co-founder, with Dr. Marc Lebed and Dr. Joel Lebed, of Healthy-Steps, moving you to better health with The Lebed Method. Widely respected authorities, such as Dr. Susan M. Love, Saskia R.J. Thiadens, executive director of The National Lymphoedema Network, Dr. Clifford Hudis from Memorial Sloan Kettering Hospital, Dr. Bert Peterson from Beth Israel Hospital, Dr. Laura Morris, from Goshen General Hospital and many more recommend Healthy-Steps to their patients.

Sherry has authored the Book: "Thriving after Breast Cancer, Essential Healing Exercises for Body and Mind"; the video: "Focus on Healing through Movement and Dance for the Breast Cancer Survivor"; and the DVD: "The Lebed Method Focus on Healing" a video programme for anyone who wants to improve their physical, mental, and emotional well-being.



REQUIREMENTS FOR CERTIFICATION AS A HEALTHY-STEPS INSTRUCTOR

- Successful completion of the 3-day **Healthy-Steps** Instructor Training Certification Course
- Completion of additional continuing education training (totaling a minimum of 10.0 CE credit hours) in a general topic related to **Healthy-Steps** (such as Lymphoedema, Physical Rehabilitation, Oncology, Geriatric Health Care, etc.). Continuing education training can be home-study courses or training workshops offered through hospitals or educational centers in your area (we encourage you to find CE courses that are free or low-cost).
- Completion of an annual questionnaire. The **Healthy-Steps** management strives to be responsive to the needs of all Certified Instructors. The annual questionnaire is a very important tool to help us identify what's working well within the **Healthy-Steps** programme and areas that can be improved or enhanced.
- CPR training either prior to training or completed within 90 days after the training (and we will need a copy of your CPR card for our files).
- Upon completion of **Healthy-Steps** Certification training and passing of the exam, you will be approved to teach The Lebed Method and listed on **Healthy-Steps** online Teacher Directory until January of the following year. A Licensing Fee will be due by January 15th to maintain your active status and inclusion on the Teacher's Directory for that calendar year. The annual license fee is \$175.00. For those certified in the preceding year, a pro-rated fee will be due, calculated at \$14.58 per month, starting from the month following your training dates (for example, if training is held in April, the pro-rated fees are counted from May through December). Recognizing that there are sometimes extenuating circumstances that can cause financial hardship, **Healthy-Steps** will make every effort to work with you regarding an extension, payment plan, or other such arrangements. Failure to pay the Licensing Fee or contact **Healthy-Steps** office to make alternative arrangements by January 15th will result in revocation of the Certification and License and removal from the Teachers Directory.



WHAT DO I GET FOR MY LICENSE FEE?

- Exclusive access and constant updates to the Teacher Only site on www.lebedmethod.com
- Each year you receive a new one year lesson plan book with new music selections
- New CD of updated CLM/CLMC manual with changes
- Support from our staff and consultations when needed
- New Marketing items and PR items
- **Healthy-Steps** movements and routines on **video** on Teacher only site
- New sticker for certificate and new license card
- Instructor discounts on all products
- Items for your clients in classes
- Newsletters
- International **Healthy-Steps** Instructors Conference every other year
- National exposure
- Attend any Certified **Healthy-Steps** training at no fee
- New partnerships with major sponsors
- Email announcements of updates important to move your classes forward
- news article updates
- And much more...(see also TLM programme and support, page 10)

Note: Certification is non-transferable; it cannot be obtained by one person and then transferred to another. In other words, only the person who attends the certification training workshop is approved to teach The Lebed Method classes.

LYMPHOEDEMA THERAPIST TRAINING (CLL)

If you are a Lymphoedema Therapist, there will be a supplemental training session offered (at no extra charge) during one of your lunch breaks (1 hour in length). This training will focus on specific Lebed Method Lymphoedema exercises developed by Dr. Marc Lebed and Sherry Lebed Davis along with the guidance of MLD Therapists, which correlate with how Lymphoedema Therapist performs their MLD with patients. These particular TLM exercises can be used with your Lymphoedema patients before or after your MLD.



HEALTHY-STEPS CREATIVE RHYTHMS FOR CHILDREN WITH CANCER, OTHER DISABILITIES & LYMPHOEDEMA (CLMC)

Children are often forgotten when they are ill from surgery and treatment of Cancer or handicapped, as to exercising that will help them retain muscle mass, move their lymphatic fluid, help with circulation, fatigue and depression and create laughter and fun. Sherry Lebed Davis and Dr. Marc Lebed developed a supplemental programme to fit the special needs of children who have been treated for cancer or who have undergone surgery and are at-risk of developing Lymphoedema and other disabilities. Healthy-Steps, Creative Rhythms exercises for children are designed in a way that will also help to relieve pain, restore flexibility, reduce swelling, and develop balance. A rejuvenating regimen of stretches, dance moves, Lymphatic opening exercises, along with fun, music, costumes and props, help create not only a physical well being but an emotional one as well.

Healthy-Steps Creative Rhythm for Children will be offered as a one-day programme (please visit our website for workshop dates and locations). This portion of the workshop is not mandatory to become a Certified Healthy-Steps Instructor (CLM). However, if you plan to work with children, you must also take this portion of the training workshop. There are no plans to run this workshop at this training. However, if there is enough interest I will be happy to do so. The fee to attend this workshop is £125.00. IF YOU ARE INTERESTED, let me know asap. It is a one-day workshop from 9.30AM to 3.30PM. **You can also take the children's workshop as e-learning at home. More information will be provided during the course.**

TLM PROGRAMME RESOURCES/SUPPORT

Certified Healthy-Steps (CLM) Instructors will receive ongoing support and access to many resources and tools. The Healthy-Steps Management team is there to offer guidance and support to ensure all CLM Instructors are aware of up-to-date information and understand the basic concepts and techniques of the programme. We also are there to help CLM Instructors with marketing, enhancing leadership skills and problem solving.

Upon successful completion of the Certification Training, you will be provided with a working manual that includes:

- A full description of physical exercises and music suggestions
- Educational information about Lymphoedema and exercises specially for the lymphatic system
- A wide selection of articles and published papers related to Healthy-Steps
- Tips on how to address the psycho-social needs of your clients
- Promotional materials and marketing tips on how to create awareness of Healthy-Steps in your community.
- Information about breast reconstruction as well as breast self-examination
- Information about proper prosthetic fitting
- Guidelines on how to run a Healthy-Steps class
- How to launch a new career and make extra income doing something you love and improving others lives.
- How to teach your clients to discover the "child" in themselves through Healthy-Steps therapeutic exercises.

CLM Instructors receive many other benefits including: discounts for Healthy-Steps products, free multi-media marketing tools, ongoing programme updates, individual consultations with Sherry or a Certified Lebed Method Teacher, an invitation to attend the Healthy-Steps International Instructor Conference and more (visit www.lebedmethod.com for additional information on resources and benefits available).



REGISTRATION PROCESS COST AND WHAT IS INCLUDED IN THE TRAINING PROGRAMME

This 3-Day Healthy-Steps Certification Training Workshop is at a reduced fee of £300 (reduced from £395) if received in full before 1st September 2010 or £330 if received after that date payable by cheque or money order. There will be a £25 fee for any returned cheques. A £75 deposit will officially reserve your place. As soon as we receive your full payment we will send your pre-course study materials. Places which are not paid up in full 30 days prior to the training may be offered to other interested parties without refund of deposit if the trainer is not informed of any reasons for delayed payment. Cheques need to be made payable to K. Hesse.

The workshop fee does not cover meals - but you are welcome to bring a packed lunch (or eat at a local restaurant). For out-of-town participants, you will need to arrange and pay for accommodations, meals and any transportation costs.

The training materials package, include:

- Manual/Workbook
- PR DVD
- Power Point PR Presentation
- Class support Materials, including Client Release Form templates
- Focus On Healing video/DVD
- The Lebed Method DVD
- "Thriving After Breast Cancer" book
Essential Healing Exercises for Body and Mind - by Sherry Lebed Davis
- Misc. items
- Licensing manual for year one
- All Healthy-Steps Articles and studies and your manual on disc

The book: "Thriving after Breast Cancer" and "Essential Healing Exercises for Body and Mind" as well as the video "Focus on Healing" and the recent "The Lebed Method" DVD, will be mailed to you upon receipt of your full registration fee*. It is to be read, viewed and studied before arrival at your training. The more you study before the training workshop, the more you will learn and understand Healthy-Steps. The "Focus on Healing video/DVD provides the basic "in the box" exercises—those which **cannot be changed or altered when teaching**. This video/DVD is designed for the viewer to watch and participate and it does not represent the full TLM programme (please keep this in mind while reviewing). The "The Lebed Method" DVD is an example of a Lebed Method class showing the upper and lower Lymphatic Opening exercise (which should be studied/memorized prior to the training). The certification workshop will also introduce exercises not included in the videos/DVDs, which can be adapted according to the special needs within your own client base.

*For overseas participants, postage may be charged at this course due to the reduced fee.

We strongly recommended that attendees bring music they like and enjoy to the training workshop (the workshop Teacher will also provide music selections). Both slow and fast music will be required for use during the exercises lab on Sunday. If you like bring a CD player or your iPod player to practice in your room at night.



TESTIMONIALS FROM SOME OF OUR HEALTHY-STEPS INSTRUCTORS:

My class was a big hit with the Wellness Community Organization. We had 16 women and there was an older woman who had been through 3 battles with cancer and thought she could not exercise because previous attempts at other programmes were too difficult, and she said her experience with TLM was like re-finding herself. At the class closing session of the class there were some tears of gratitude and release. We hope to begin another class shortly.
- BW.

I had the honor of attending the Focus on Healing Workshop and became a Certified Lebed Method Instructor for Adults and Children. I look forward to introducing Healthy-Steps to our patients very shortly. I truly believe this programme will not only touch their hearts, but also will provide a fun and safe environment for them to exercise, find friendship and support with other survivors.
- Tamie Vasquez, CLM, CLMC - Loma Linda University Cancer Institute

Just wanted to let you know who and what helped me through my cancer treatment. I am a Lebed Method Instructor and love teaching the programme and bringing it to those who need this the most. Since my recent diagnosis of breast cancer, this past year, I learned full well that friends, family and the exercises in the Lebed Method got me physically, emotionally and spiritually back to health and my full life again.

I am also a dance and pilates instructor and I have to say the Lebed Method lymphatic opening , followed with the exercises got me back to my full range of motion in my arms and upper body, more than any of my Pilates exercises, especially in the beginning. So within 3 months time I was back to teaching my full schedule of dance and Pilates classes again. Sherry's programme as well as her commitment to her instructors and students is so incredible, I feel blessed to be part of this wonderful organization.
- Diane, RN, CLMC

The Focus On Healing class that EpiCenter offers has given me a vehicle to move my body and re-discover my physical self. Focus On Healing is a source of pleasure and joy via awesome music for us to move to and the instructor's (Claudia) personal spirit that is conveyed to each and every one of us. This class has turned out to be a new beginning for me and I cherish new beginnings! I am deeply appreciative to EpiCenter for offering this extraordinary, effective, valuable and beneficial course!

I speak highly of EpiCenter and refer it to people regularly. I am also aware that many people who originated with this class are now members of EpiCenter. I am also aware that some class attendees have referred members of their family to the club and they are now members. Many attending the class are senior citizens - some well into their 80's and even 90 years old. For them, this class is an activity that is healthful and something to look forward to a couple days a week. I believe the Focus On Healing Class is a wonderful and meaningful opportunity that EpiCenter is offering to the community! Thank You!!
- Pamela C.



TESTIMONIALS FROM SOME OF OUR HEALTHY-STEPS INSTRUCTORS:

I am continuing to do the LE opening with my MS Aquatics class and everyone likes it, especially one woman, who suffers from lower extremity LE. She has more range of motion after we do the LE and is thrilled. So am I!

- E. V.

I feel very proud of The Lebed Method and proud to belong to it. I appreciate all the support and hard work that Sherry and Dr. Lebed do in order to cover and update every single detail we can think of. You give us a sense of belonging, belonging to a professional team, belonging to a sisterhood, belonging to a better mankind which we have to enlarge.

- T. F.A.

It is a fun way to accomplish what I want my patients to do - facilitate the lymphatics to help reduce edema - with the added benefit of a support group in a very positive environment. Who knew you could have it all - and have fun doing it?! Our treatments, Combined Decongestive Therapy, are very intense and demanding of the patients. Making the exercise portion of it enjoyable significantly increases the chances that they will be done. We started using the opening exercises on Monday right after our weekend course. Everybody loves it, from those in their 40's to 80 plus!! One lady even does it at home without the music! Getting folks excited about exercising and improving their health is important to me. Until now I just didn't have a great method to accomplish that. But NOW I DO!!

As a side note, we are using this with cancer pts: breast, metastasis disease; a fellow and lady with chronic venous insufficiency, edema, wounds and poor balance; a couple women with lipo-lymphoedema and obesity, a burn (neck and upper chest) victim with restricted motion just to name a few.

THANK YOU SO MUCH FOR DEVELOPING THIS PROGRAMME, SHERRY! WHAT A BLESSING TO SO MANY!!

- Kathy Fleming, PT, CLT-LANA, CLM, CLL



CANCELLATION POLICY

CANCELLATION BY APPLICANT:

Payments are **non-refundable**. If you cancel at any time after your registration fee payment or deposit has been processed, you will be issued a credit only, minus a £25.00 administrative fee, which can be applied toward a future training workshop. Credits must be used only for a future training taught by the same Trainer you originally registered with and must be used within one year of the date it was issued. If you cancel after receiving our training materials package, we will deduct a £25.00 administrative fee plus an additional £75.00 to cover the cost of materials and postage.

CANCELLATION BY TRAINER:

It is rare for a Trainer to cancel an event, but it can happen due to catastrophic events, often beyond our control. All students are advised to purchase flight and travel cancellation insurance in the event that this may occur. If a Trainer must cancel the event, it is their responsibility to accommodate applicants from the cancelled training into a future scheduled training. If the Trainer does not have any additional training workshops, arrangements will be made to attend training with another Trainer or issue a refund for the registration fee – minus the cost of the pre-study material, if posted.

CANCELLATION POLICY:

The registration fee or deposit paid for The Lebed Method Certification Training workshop is **non-refundable**. If you cancel at any time after your registration fee payment or deposit has been processed, you will be issued a credit only, minus a £25.00 administrative fee, which can be applied toward a future training workshop. Credits must be used only for a future training taught by the same Trainer you originally registered with and must be used within one year of the date it was issued. If you cancel after receiving our training materials package, we will deduct a £25.00 administrative fee plus an additional £75.00 to cover the cost of materials and shipping.



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PLEASE CALL OR MAIL TO: Katharina Hesse, Valley Cottage, Laxfield, Suffolk IP13 8HN, email: kat@rhythmoflife.org.uk Phone: +44-(0)1728 638604

First Name		Last Name	
Mailing Address		City	County
Home Phone		Work/Cell Phone	
Fax Number		Email	
Post Code			

HOW DID YOU HEAR ABOUT HEALTHY-STEPS THE LEBED METHOD?

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SHIP REGISTRATION RECEIPT AND TRAINING MATERIALS TO: Same as above (if not, provide alternate address here)

Alternate Mailing Address	City	County	Post Code
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WHICH TRAINING WOULD YOU LIKE TO ATTEND

Training Programme	
<input type="checkbox"/> Certified Lebed Instructor (3 day - £300/£330) <input type="checkbox"/> Creative Rhythms for Children (1 day - £125) (you must be a certified instructor)	
Location	Date

Special Requirements (Medical conditions, food allergies, etc.)

PAYMENT

I am aware of the future costs related to maintaining certification and understand that the enclosed payment is only for the initial certification process.

Payment Type	
<input type="checkbox"/> 3-Day Training Deposit (£75) (Balance due within 30 days of training) <input type="checkbox"/> 3-Day Training Paid in Full (£300/£330) <input type="checkbox"/> Children's 1-Day Training (£125) (only if sufficient interest)	
Payment Type	Amount
<input type="checkbox"/> Cheque (Payable to: K.Hesse) <input type="checkbox"/> Bank Transfer	
Signature	

HEALTHY-STEPS IS OFFERED IN OVER 800 LOCATIONS WORLDWIDE.

JOIN US TODAY, AND TAKE A STEP TOWARDS A GREAT CAREER.

HEALTHY-STEPS IS NOW A WORLDWIDE ORGANIZATION PROVIDING UNIQUE WELLNESS PROGRAMMES FOR SPECIAL POPULATIONS



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THREE DAY INSTRUCTOR CERTIFICATION TRAINING WORKSHOP AGENDA PLEASE NOTE CHANGED TIMES FOR THIS TRAINING

DAY 1		DAY 2		DAY 3	
Venue open at 9:30am-10am	Introduction <ul style="list-style-type: none"> Housekeeping Intro of each other, trainer and expectations Begin review of history Expectations 	Venue open at 8:30 9am-9:30am	Question/Answer Open LE	Venue open at 8:30 9am-9:30am	Question/Answer Open LE
10am-11am	Lymphoedema <ul style="list-style-type: none"> What is it? Why is it so important? How do you recognize it? What do you do? Lymphoedema exercises 	9:30am-10:30am	Review Lebed exercises Review what muscles are used and why we do them	9:30am-11am	Marketing
11am-11:15am	BREAK	11am-11:15am	BREAK	11am-11:15am	BREAK
11:15am-1pm	Lymphoedema exercises Review of Manual (Section 4) Review Lebed Exercises <ul style="list-style-type: none"> Why we do TLM exercise Which muscles are used How many repetitions Benefits Balance issues Weight distribution Why not vary exercises Progressive planning What not to do Lymphoedema Exercises 	11:15am-1pm	Resist-a-band/Poles/discussion Lesson Plans	11:15am-1pm	Marketing (Continued)
		1pm-2pm	LUNCH	1pm-2pm	LUNCH (LE Therapists have private LE training during provided lunch)
1pm-2pm	LUNCH	2pm-3:45pm	Running a Class <ul style="list-style-type: none"> Registration, 1st day Release forms Liability issues Length of class/costs How often, when, times Number of participants Use of chairs Clothes to wear Water breaks Lengths of each section Adjusting programme needs When to refer patients Role of CLM as Educator 	2pm-5:30pm	LABS (with break)
2pm-3pm	Ball exercises and wall			5:30pm-6pm	Reconstruction Wrap Up Final housekeeping: Licensor/Licensee Agreement Evaluations What to expect next
3pm-3:45pm	Leg exercises Balance exercises	3:45pm-4pm	BREAK		
3:45pm-4pm	BREAK	4pm-5pm	Review of exercises		
4pm-6pm	Review PR video, class video and homework	5pm-6pm	Sample Class		