

# Certified Posture Exercise Professionals Seminar

## presented by: Dr. Steven Weiniger

**Saturday, November 13, 2010**  
**Holiday Inn Downtown - 1050 6th Avenue, Des Moines**

*Dr. Steven Weiniger is returning to Iowa to complete the Certified Posture Exercise Professionals (CPEP) continued from the 2009 ICS Fall Symposium\*. Even if you did not attend Dr. Weiniger's session at the 2009 ICS Fall Symposium, you are encouraged to attend to begin your certification or to learn more about posture exercise and how it will benefit your patients and your practice. This seminar has been rescheduled from June.*

### About the Program

Up to nine (9) continuing education hours are offered at the live, face-to-face program.

The CPEP certification training program for StrongPosture™ exercise protocols is setting the standard for rehab, wellness, performance, and active-aging. Quite simply, this “step it up” program is for those who want to position themselves as the local posture professional. Take your practice to the next level with CPEP certification and perfect a bio-mechanical model that acknowledges and promotes focused motion exercise as integral to strengthening posture while improving balance, function, and activity. Twenty-four (24) hours of continuing education are required for certification (with 12 hours being face-to-face). Registration for certification includes six (6) hours via online and teleconference as well as the proficiency assessment, testing and certification. CE will be applied to the biennium it is earned in.



**To Register ~  
Complete the  
backside of this  
form and return  
to ICS or register  
online at  
[www.iowadcs.org](http://www.iowadcs.org)  
(under Events)**

### Live Seminar Schedule:

8:15 – 9:00am - Registration  
9:00am – 12:00pm - Classroom instruction  
12:00 – 1:00pm - Lunch (provided)  
1:00 – 4:00pm - Classroom instruction  
4:00 – 7:00pm - CPEP Proficiency Assessment/continued  
training\* (“working” dinner provided)

### Registration Information:

1. Class registration includes up to nine (9) live continuing education hours, course materials, lunch, dinner, and light refreshments.
2. Registration for CPEP Certification includes:
  - Three (3) online continuing education hours
  - Three (3) one hour teleconferences
  - Posture assessment the day of live seminar
  - CPEP certification testing
  - Certificate of Completion
  - Listing in CPEP directory

*\* Fall Symposium attendees who completed Dr. Weiniger's 12-hour posture class are eligible to receive their CPEP certification upon completion of the Nov. 13 live seminar (which includes the proficiency assessment) and the three-hour online and teleconference classes. If you registered for certification, but did not attend Fall Symposium, you will need to complete the six hours of online and teleconference classes as well as twelve additional CE hours. Please visit [www.bodyzone.com](http://www.bodyzone.com) or 866-443-8966 for more information. Attendees not signed up to become certified are welcome to stay, continue to learn, and receive continuing education hours.*

# Certified Posture Exercise Professionals Seminar Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## Live Seminar Registration:

- \$85.00 - ICS Platinum Member
- \$175.00 - ICS Member
- \$275.00 - Potential Member

*Potential members: Join now and apply the non-member registration fee difference to your ICS dues. Call 515-867-2807 for details.*

## CPEP Certification:

- \$249.00\*\*

\_\_\_\_\_ I will be attending lunch

\_\_\_\_\_ I will be participating in the proficiency assessment from 4:00 - 7:00pm

*(Those registered for only the live session may attend to receive the full nine hrs of CE credit.)*

Dietary Restrictions \_\_\_\_\_

**Total Amount Due (registration + certification)** \_\_\_\_\_

Registration for the CPEP certification does not include registration to the live Nov. 13 seminar. Please register for both.

*\*\* Includes three hours online and three hours teleconference training, proficiency assessment and testing, certificate, and directory listing. Certification registration does not include attendance at the live session.*

## Payment

\_\_\_ Check \_\_\_ VISA \_\_\_ MasterCard \_\_\_ Discover \_\_\_ Use card on file

Credit Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ 3-Digit CID on back of the card: \_\_\_\_\_

Name on Credit Card: \_\_\_\_\_

Credit Card Billing Address/City/State/ZIP: \_\_\_\_\_

Signature: \_\_\_\_\_

## Cancellation Policy

A refund, minus a 12% processing fee will be provided if written cancellation is received on or before close of business Friday, Nov. 5, 2010. No refunds will be issued after that date. ICS reserves the right to cancel the program due to insufficient enrollment, acts of God, or circumstances beyond our control.

## Hotel Information

Limited rooms are available for Friday, November 12 and Saturday, November 13 at the discount price of \$95.45. Reserve a room by November 5 for the discounted rate by calling the Holiday Inn at 515-283-0151.

## Disclaimer

*The information shared during this program is provided for informational and/or educational purposes only. The opinions expressed do not necessarily reflect those of the Iowa Chiropractic Society. The Iowa Chiropractic Society is not responsible for any errors, or omissions, in the resources or information provided. Reference to any specific commercial product, process, or service by trade name, trademark, manufacturer, or otherwise does not constitute or imply its endorsement or recommendation by the Iowa Chiropractic Society. Program is subject to change without notice.*

