

Accreditation

- **RNs:** Loma Linda University Medical Center, Staff Development is approved by the California Board of Registered Nursing, Provider Number 00239 to offer this program for **4** contact hours.
 - Loma Linda University Medical Center is accredited as a provider of continuing education by the American Nurses Credentialing Center's Commission on Accreditation. This program meets the qualifications for **4** continuing education credits.
 - **RDs:** Loma Linda University Medical Center, Staff Development is a continuing professional education accredited provider with the Commission Dietetic Registration LO0001. Registered Dietitians and Dietetic Technicians, registered will receive **4** continuing professional education units for completion of this program.
 - **MFC or LCSWs:** Program meets the qualifications for **4** hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #: PCE 437.
- Participants will receive a certificate of completion after submitting evaluation forms.**

Cost

The registration fee is \$50.00 for Sweet Success affiliates staff and \$60.00 for non-affiliate staff. Cost includes lunch. Check with your affiliate program coordinator to clarify your affiliation staffing status. Pre-registration is required for all attendees as space is limited. **Registration fees are due February 5, 2010.**

Cancellation

Registration refunds will be made upon receipt of written or faxed requests postmarked on or before **February 15, 2010.**

The sponsoring agencies reserve the right to make program changes or cancellations at any time due to circumstances beyond their control. A full refund will be provided if the program is cancelled by the sponsoring agencies.

Questions? Contact Suzanne Sparks

Phone: 909-558-3646 - E-mail: susparks@llu.edu

Exercise: Motivating Pregnant Women with Diabetes to Move Arlene Turner, MS



March 1, 2011

**California Diabetes & Pregnancy Program
Staff Development
Mountain View Plaza
11255 Mountain View Ave., Suite 8
Loma Linda, CA 92354**



A Regional Perinatal System Program supported in part through contracts with the state of California Department of Health Services: MCAH Branch, Title V Funds

Program Overview

This program is designed to provide education & training for healthcare professionals in the instruction of exercise for pregnant women with diabetes. It will address specific healthy exercise and motivation to exercise recommendations for pregnant women with diabetes.

Faculty

Arlene Turner, MS
Physical Activity & Nutrition Program
Manager
Children and Families Commission of OC

Course Objectives

Upon completion of this program, the participant should be able to:

- Demonstrate ability to instruct pregnant women with diabetes in an exercise program
- Identify tools to increase client adherence to an exercise program
- Identify tools for recommending individual exercise programs for pregnant women
- Demonstrate ability to address obstacles to regular exercise
- Demonstrate ability to apply learning to individual practice/work situations

Tuesday, March 1

- 9:30 – 10:00 **Registration**
- 10:00 – 11:00 The Dynamics of Pregnancy, Exercise & Diabetes
- 11:00 – 12:00 What the Research Says
- 12:00 – 12:30 **Lunch**
- 12:30 – 1:30 Planning, Prescribing & Promoting Exercise During Pregnancy Complicated by Diabetes
- 1:30 – 2:30 Hands-on Demonstration – Practice

Registration

Registration fee includes CEUs, lunch, and all conference material.

PAYMENT (check one)

- \$50.00 for Sweet Success Affiliate Staff
- \$60.00 for Non-affiliate staff

REGISTER:

To register & pay online, go to:

<http://ce.llu.edu>

Questions? Call: (909) 558-3500

Directions

I-10 From Los Angeles

- Take I-10 East
- Exit MT. VIEW AVE / BRYN MAWR. and make a right onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA

I-10 From Palm Springs

- Take I-10 West
- Exit MT. VIEW / BRYN MAWR and make a left onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA.

91 / 215 From Riverside

- Take 91 / 215 North
- Transition onto I-10 East
- Exit MT. VIEW / BRYN MAWR turn right onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA

I-15 From Hi Desert

- Take I-15 South
- Transition onto I-10 East
- Transition onto I-10 East
- Exit MT. VIEW / BRYN MAWR turn right onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA

