|  |  |
| --- | --- |
| Chicagoland Gerontological Advance Practice Nurses Association (CGAPN)**Presentation**: **Get Up and Go Toolkit for Older Adults****Presenter:**  **Dustin Jesberger, PT, DPT, board-certified clinical specialist in Orthopedics** Date: May 12th, 2022, 7 pm (CST)**Location: Rush Oak Park Medical Office Building, 610 S. Maple, Suite 2000, Oak Park, IL 60304 or via Zoom Link**Time: Onsite meeting opens at 6:30 and virtual conference link opens at 6:40 pm for networking (CST). Dinner provided for onsite attendees.**CGAPN**, the Chicago chapter of the Gerontological Advanced Practice Nurses Association (GAPNA) invites you (practitioners, faculty, and students) to a **FREE** presentation and discussion.**Major topics covered are:*** Three simple measurements that can identify risk of impaired function in older adults
* Types of exercise that are helpful in older adults and appropriate dosage
* Common compound movements that involve push, pull, and press of the extremities and single leg stability

**Registration is required**through ENP website [https://chicagolandgapna.enpnetwork.com](https://chicagolandgapna.enpnetwork.com/)              or e-mail Joanne\_M\_Miller@rush.eduZoom Link Provided by May 9th.**Contact Hours Offered:** To receive contact hours participants must attend the presentation and pass a short post-test demonstrating knowledge of simple measurements, identifying risk of impaired function, types of exercise and correct dosage for older adults with a score of 80% or higher and submit an evaluation form. This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91). No one with the ability to control content of this activity has a relevant financial relationship with an ineligible company.Activity # 2022-0000000200  |  |