Catskill Hudson AREA HEALTH EDUCATION CENTER

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Bronx Westchester Area Health Education Center Continuing Education Webinar Series

The Healthcare-Athlete Paradigm: The Bi-Directional Bridge:

Neurobiology, Psychiatry, and the Power of Movement: A Holistic Picture

Presented by **Dr. Trishna Kumar, MD**

Psychiatry Resident and Research Fellow, Physician & Fitness Instructor (Zumba, Yoga, HIIT)

Monday, April 27th, 1 pm- 2pm

on Zoom

Register via the link or QR code.

https://tinyurl.com/BWathlpara

Learning Objectives: The Physician-Athlete Paradigm

1. Analyze the Neurobiological Mechanisms of Exercise
2. Differentiate Modality-Specific Mental Health Benefits
3. Evaluate the "Exercise as Medicine" Clinical Evidence
4. Integrate Personal Professional Identity into Patient Care
5. Formulate Actionable "Movement Prescriptions"

Free CEUs for: Psychology and Social Work

Additinal CE's for LMHC , PT, and OT are pending

Catskill Hudson Area Health Education Center is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0318 and by d by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0856.