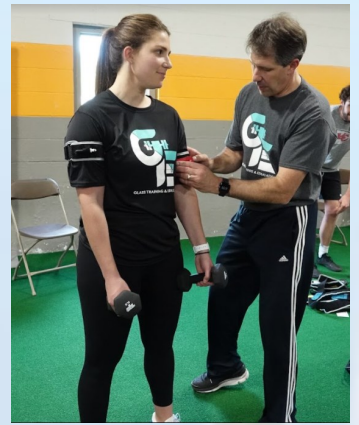




GLASS TRAINING & EDUCATION



Blood Flow Restriction Training & Therapy Certification Course

Who Should Attend?

PTs, PTAs, Strength & Conditioning, Personal Trainers, OTs, OTAs, & other Sports Performance Professionals

Details

Date:

April 1, 2023

Time:

8:30 am—4:30 pm

Location:

Stephens Memorial Hospital
Bob and Sandy Bahre Health Center
159 Main St Norway, ME 04268

CEUs: 8 (Inquire per state)

Instructors

Susie Lachowski-Glass PhD, CSCS

Paul Marquis, PT

Visit: www.glasstrainingandeducation.com to sign up for the course (click site)

Contact: Glasstrainingandeducation@gmail.com for questions

What you will learn

- ◆ History of BFR
- ◆ Review of muscular strength/hypertrophy physiology
- ◆ BFR mechanisms and physiology
- ◆ Safety and Efficacy of BFR
- ◆ BFR Devices
- ◆ Research and Practical Applications
- ◆ Demonstrations and active sessions throughout course

Included: Full BFRT Cert, t-shirt, instructor BIOs, BFR studies, BFR Reviews, BFR general info sheets, and references for clients/patients.

Special Discounted Rate***

\$350 Before 3/1/2023

\$375 After 3/1/2023

****lunch included***