



6 Easy Ways to Register



ONLINE

ce.unm.edu



EMAIL

ceregistration@unm.edu



PHONE

505-277-0077 Option 1
M-F, 8:00am-5:00pm
Most credit cards accepted.



MAIL

UNM Continuing Education
Attn: Registration
MSC07 4030
1 University of New Mexico
Albuquerque, NM 87131-0001



FAX

505-277-1990
Fax/Mail instructions:
see website.



IN PERSON

M-F, 8:00am-5:00pm
UNM Continuing Education
1634 University Blvd. NE
South Building, Room 101
(just north of Indian School)

In the hectic, day-to-day world it is clear that lifestyle choices do not always promote our health and wellness. A caring and trained health coach provides education, motivation and support for clients to achieve their health goals through lifestyle and behavior adjustments. Health coaches fill the gap between medical professionals, specialists in nutrition and disease management or exercise & personal trainers to design individual plans to achieve optimal wellness goals.

Health Coach for ACE Certification

Health coaching is an expanding professional service in health and wellness. As a promising strategy for helping patients make lifestyle changes, as a health coach you can aid in prevention or management of chronic conditions; such as diabetes or autoimmune disorders. Working alongside a medical professional, a health coach will enhance a patient's ability for goal-setting, improves behaviors related to nutrition, weight management, and medication adherence. This course will prepare you to become certified by the American Council on Exercise (ACE). You will receive the ACE Health Coach Manual with practical application of the skills you are learning. The ACE Health Coach exam voucher is included in the tuition.

Course: WIA-PD 38228 24 hours \$1995
Feb 13-Mar 22, 2018 TTh & S 9-10:00am & 6-7:30pm

Instructor: Jonathan Smith, RD, LD

Location: Institute of Community Wellness and Athletics

Note: This certificate is relevant for registered nurses, nurse practitioners, licensed vocational nurses, practical nurses, nursing assistants, social workers, occupational therapists, recreation therapists, physical therapists, respiratory therapists, administrators, psychologists, marriage and family therapists, dietitians, educators, personal care assistants, volunteers, physicians, physician's assistants, chiropractors, clergy, physical fitness professionals, and interested individuals.

ADDITIONAL ONLINE COURSES

Certificate in Starting Your Own Business in Health and Healing

(10 contact hours) \$75

Learn virtually everything you need to know to start a health and wellness business, including marketing, financing, and creating a business plan.

Certificate in Stress Management

(14 contact hours) \$109

Explore the physiological, social, and psychological impacts of stress and study modalities to get stress under control.

Certificate in Nutrition, Chronic Disease, and Health Promotion

(12 contact hours) \$100

Learn about the impact of food politics, clean water, foodborne diseases, mood, genetically engineered foods, and malnutrition on health and the development of chronic diseases.

Start Dates:

Nov 8, 2017
Dec 13, 2017
Jan 17, 2017
Feb 14, 2017



CONTINUING
EDUCATION

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For more information: Visit our website at ce.unm.edu.

Questions: Contact Loree Nalin, Program Supervisor at cehealth@unm.edu

