



# Active Aging Summit

SCW



## SCW Active Aging Summit March 11-12, 2023 CEC Form

\*Please print this form, circle applicable sessions, and save for your records. You do not need to send this form to SCW Fitness since there is no charge for your participation.

\*\*If you renew an SCW Certification, you also do not need to send this form to SCW Fitness.

Please renew your SCW Certification by going to the following website: [www.scwfit.com/certification-renewal](http://www.scwfit.com/certification-renewal)

\*\*\*To renew your SCW Certification, you need 20 Continuing Education Credits every 2 years: [www.scwfit.com/certifications-faqs](http://www.scwfit.com/certifications-faqs)

### Total Conference CECs (All Access)

SCW = 15  
 ACE = 1.2  
 ACSM = 15  
 AEA = 15  
 AFAA = 15  
 NASM = 1.5

### Total Conference CECs (Live Only)

SCW = 12  
 ACE = 1.2  
 ACSM = 12  
 AEA = 12  
 AFAA = 12  
 NASM = 1.2

## SATURDAY, March 11, 2023

Session	SCW	ACE	ACSM	AEA	AFAA	NASM
<b>SA1: 9:00am - 10:00am CT</b>						
SA1A: ACTIVE AGING NO FLOOR CORE Melissa Layne, MEd	1.0	0.1	1.0	1.0	1.0	0.1
SA1B: FUNCTIONAL FITNESS 50+ Amber Toole	1.0	0.1	1.0	1.0	1.0	0.1
SA1C: S.E.A.T.@ SUPPORTED EXERCISE FOR AGELESS TRAINING Ann Gilbert	1.0	0.1	1.0	1.0	1.0	0.1
SA1D: AQUA STRIDES & STRENGTH MaryBeth Dziubinski	1.0	0.1	1.0	1.0	1.0	0.1
SA1E: PROTEIN POWER Sohaila Digsby, RDN, LD	1.0	0.1	1.0	1.0	1.0	0.1
SA1F: STRONG BODY FOUNTAIN OF YOUTH Jeff Howard	1.0	0.1	1.0	1.0	1.0	0.1
<b>SA2: 10:15am - 11:15am CT</b>						
SA2A: AGING SHOULDER: EXERCISE TO FUNCTION! Aaron Aslakson	1.0	0.1	1.0	1.0	1.0	0.1
SA2B: STRENGTH THROUGH THE AGES Abbie Appel	1.0	0.1	1.0	1.0	1.0	0.1
SA2C: FUNCTIONAL FLUID FITNESS FOR LONGEVITY! Christina	1.0	0.1	1.0	1.0	1.0	0.1
SA2D: SWIM UP BARRE Rosie Malaghan, MS, ERYT- 200	1.0	0.1	1.0	1.0	1.0	0.1
SA2E: HOW TO KNOW IF YOU'RE UNDER-EATING Sohaila Digsby, RDN, LD	1.0	0.1	1.0	1.0	1.0	0.1
SA2F: ACTIVE AGING CHAIR YOGA Sara Kooperman, JD & Jeff Howard	1.0	0.1	1.0	1.0	1.0	0.1
<b>SA3: 11:30am - 12:30pm CT</b>						
SA3A: TOUGHAGERS@ ACTIVE OLDER ADULTS WITH ROSCHILDT, MS	1.0	0.1	1.0	1.0	1.0	0.1
SA3B: LEVEL UP YOUR STRENGTH CLASS Gail Bannister-Munn	1.0	0.1	1.0	1.0	1.0	0.1
SA3C: HIGH ROLLER Abbie Appel	1.0	0.1	1.0	1.0	1.0	0.1
SA3D: YOQUA™ MaryBeth Dziubinski	1.0	0.1	1.0	1.0	1.0	0.1
SA3E: THE AGING BRAIN Melissa Layne, MEd	1.0	0.1	1.0	1.0	1.0	0.1
SA3F: INTERVAL TRAINING FOR THE ACTIVE AGER	1.0	0.1	1.0	1.0	1.0	0.1
<b>SA4: 1:00pm - 2:00pm CT</b>						
SA4A: ACTIVE AGING FULLY Maureen "Mo" Hagan	1.0	0.1	1.0	1.0	1.0	0.1
SA4B: STRENGTH VS WEAK: PREVENTING FALLS Robert Linkul, MS, CSCS	1.0	0.1	1.0	1.0	1.0	0.1
SA4C: YOGA FOR BALANCE	1.0	0.1	1.0	1.0	1.0	0.1
SA4D: SILENT STRENGTH	1.0	0.1	1.0	1.0	1.0	0.1
SA4E: TRAINING CLIENTS WITH FIBROMYALGIA Irene McCormick, MS, CSCS	1.0	0.1	1.0	1.0	1.0	0.1
SA4F: FOOT TO CORE SEQUENCING & STABILITY Dr. Emily Splichal, DPM, MS	1.0	0.1	1.0	1.0	1.0	0.1
<b>SA5: 2:15pm - 3:30pm CT</b>						
SA5A: BOOGIE, BAND & BURN	1.0	0.1	1.0	1.0	1.0	0.1
SA5B: PERFECT PROGRAMMING FOR ACTIVE AGERS Amber Toole	1.0	0.1	1.0	1.0	1.0	0.1
SA5C: HANDS ON STRETCHING Gail Bannister-Munn	1.0	0.1	1.0	1.0	1.0	0.1
SA5D: SPLISH SPLASH CALORIE SMASH Rosie Malaghan	1.0	0.1	1.0	1.0	1.0	0.1
SA5E: ACTIVE AGING PANEL Sara Kooperman, JD, Robert Linkul, MS, CSCS, Maureen (Mo) Hagan, BScPT, BA, Irene McCormick, MS, CSCS & Ann Gilbert	1.0	0.1	1.0	1.0	1.0	0.1



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Provider Number						
<b>SA6: 3:45pm - 5:00pm CT</b>						
SA6A: THE BATTLE FOR MOBILITY Irene McCormick, MS, CSCS	1.0	0.1	1.0		1.0	0.1
SA6B: LONGEVITY ASSESSMENTS & TRAINING VIA GRIP STRENGTH Robert Linkul, MS, CSCS	1.0	0.1	1.0			0.1
SA6C: CHAIR YOGA Kimberly Spreen-Glick	1.0	0.1	1.0	1.0		0.1
SA6D: H2O FUNCTIONALLY FIT & CURRENT Ann Gilbert	1.0	0.1	1.0	1.0		0.1
SA6E: BRAIN FITNESS: USE IT, DON'T LOSE IT! Jill Hewlett	1.0	0.1	1.0	1.0		0.1
SA6F: BALANCE FOR ACTIVE AGING Keli Roberts	1.0	0.1	1.0	1.0		0.1
<b>TOTALS</b>						

## SUNDAY, March 12, 2023

	ACE	ACSM	AEA	AFAA	NASM
Provider Number					
<b>SU1: 9:00am - 10:00am CT</b>					
SU1A: AGELESS CORE: SCIENCE MEETS FUNCTION Leslee Bender	1.0	1.0	1.0	1.0	0.1
SU1B: PRE-HAB FOR OLDER ADULTS Billie Wartenberg	1.0	1.0	1.0	1.0	0.1
SU1C: INCORPORATING ROM INTO YOUR TRAINING Andrea Metcalf	0.1	1.0	1.0	1.0	0.1
SU1D: FREE TO MOVE IN THE POOL MaryBeth Dziubinski	NA	1.0	1.0	1.0	0.1
SU1E: TESTOSTERONE FOR WOMEN Irene McCormick, MS, CSCS	0.1	1.0	1.0	1.0	0.1
SU1F: BRAIN-BALANCE LINK: FALL REDUCTION Dr. Emily Splicy	1.0	0.1	1.0	1.0	0.1
<b>SU2: 10:15am - 11:15am CT</b>					
SU2A: CORE FOR BOOMER Billie Wartenberg	1.0	NA	1.0	1.0	0.1
SU2B: SHOULDERS SHOULDN'T HURT Ronnie Fulton	1.0	0.1	1.0	1.0	0.1
SU2C: MAXIMIZING BALANCE & FLEXIBILITY Mummy	1.0	0.1	1.0	1.0	0.1
SU2D: EASY-GRIP AQUA DUMBBELL WORKOUT	1.0	NA	1.0	1.0	0.1
SU2E: ARTHRITIS EXERCISES: FROM HEAD TO TOES	1.0	0.1	1.0	1.0	0.1
SU2F: CORRECTIVE EXERCISE FOR HIP OSTEOARTHRITIS Dr. Emily Splicy	1.0	0.1	1.0	1.0	0.1
<b>SU3: 11:30am - 12:30pm CT</b>					
SU3A: MID-LIFE FUNCTIONAL CRISIS Ann Gilbert	1.0	0.1	1.0	1.0	0.1
SU3B: MAKING AHEAD: BALANCE Summit Series, RYT-200	1.0	0.1	1.0	1.0	0.1
SU3C: STAY STRONG! Lisa Murphy Madden	1.0	0.1	1.0	1.0	0.1
SU3D: AGING WITH STRENGTH & CONDITIONING Billie Wartenberg	1.0	NA	1.0	1.0	0.1
SU3E: AGE AND NUTRITIONAL OPTIMIZATION Dr. Erin Nitkowski	1.0	0.1	1.0	1.0	0.1
SU3F: GETTING LIGHT FOR AGING Jeff Howarth	1.0	0.1	1.0	1.0	0.1
<b>SU4: 1:00pm - 2:00pm CT</b>					
SU4A: ATHLETIC AGING Lisa Murphy Madden	1.0	0.1	1.0	1.0	0.1
SU4B: AGING WITH STRENGTH & GRACE MaryBeth Dziubinski	1.0	NA	1.0	1.0	0.1
SU4C: STRETCHING - WHAT ARE YOU MISSING? Andrea Metcalf	1.0	0.1	1.0	1.0	0.1
SU4D: AQUA BRAIN POWER	1.0	0.1	1.0	1.0	0.1
SU4E: HEALTHY EATING FOR AGERS Rosie Malaghan, MS, ERYT-200	1.0	0.1	1.0	1.0	0.1
SU4F: TRAINING THE ACTIVE AGING FEMALE: UPPER EXTREMITY	1.0	0.1	1.0	1.0	0.1



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Provider Number						
<b>SU5: 2:15pm - 3:15pm CT</b>						
SU5A: FUNCTIONAL TRAINING FOR ACTIVE AGERS Ann Gilbert	1.0	0.1	1.0		1.0	0.1
SU5B: ADD FUN TO YOUR WORKOUTS! Sue Grant	1.0	0.1	1.0			0.1
SU5C: STAND UP TO SIT DOWN Summer Sides, MS, CSCS, RYT-200	1.0	0.1	1.0	1.0		0.1
*SU5D: AQUA CORE SENIOR STYLE Cheri Kulp	1.0	0.1	1.0	1.0		0.1
SU5E: MOBILITY, FASCIA & THE ACTIVE AGER Irene McCormick, MS, CSCS	1.0	0.1	1.0	1.0		0.1
SU5F: FOREVER PILATES Abbie Appel	1.0	0.1	1.0	1.0		0.1
<b>SU6: 3:30pm - 4:30pm CT</b>						
SU6A: WALKING - SPEED & LONGEVITY Dr. Emily Splichal, DPM, MS	1.0	0.1	1.0	1.0	1.0	0.1
SU6B: 8 MUSCLE FUNCTIONS FOR HEALTHY AGING Peter Twist	1.0	0.1			1.0	0.1
SU6C: MUSCLE MINDFULNESS - HAPPY HIPS & HEALTHY BACKS Ronnie Fulton	1.0	0.1			1.0	0.1
SU6D: AQUA RHYTHMICS MaryBeth Dziubinski			1.0	1.0	1.0	0.1
SU6E: ATTRACT, MOTIVATE & RETAIN CLIENTS WITH CHRONIC ILLNESS Christine Conti, MEd			1.0		1.0	0.1
SU6F: WHY FASCIA MATTERS BEYOND MUSCLES Sue Hitzmann, MS, CST, NMT	1.0	0.1	1.0		1.0	0.1

If you require any assistance securing CECs/CEUs from other organizations, please reach out to [certs@scwfit.com](mailto:certs@scwfit.com). We are here to help!

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email Address: \_\_\_\_\_