



## 2023 Midwest MANIA® Sept. 29 - Oct. 1 CEC Form

Total Conference CECs (based upon attendance at all Conference Sessions)

SCW = 20

ACE = 2.3

ACSM = 20

AEA = 19

AFAA = 15

NASM = 1.7

Please print this form, circle applicable sessions, sign, and use for your records (you do not need to send this form to SCW)

To renew your SCW Certification, you must earn CECs every 2 years [www.scwfit.com/certifications-faqs](http://www.scwfit.com/certifications-faqs)

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

**FRIDAY, September 29, 2023**

|                                                                             | SCW    | ACE   | ACSM  | AEA | AFAA | NASM |
|-----------------------------------------------------------------------------|--------|-------|-------|-----|------|------|
| Provider Number MW23                                                        | 270666 | N/A   | 10241 | 316 |      |      |
| <b>FR1 7:30am-8:45am</b>                                                    |        |       |       |     |      |      |
| FR1A: SEXY, SMART STRENGTH FOR WOMEN Irene McCormick, MS, CSCS              | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR1B: SITTING PRETTY: STRENGTH & SUPPORT Ann Gilbert                        | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR1C: RHYTHM OF THE BARRE Kelly Bullard, MS                                 | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR1D: YOGA-PILATES RESTORE Gail Bannister-Munn                              | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR1E: SCHWINN®: POLISHING DIAMONDS LEVEL UP Abbie Apple                     | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR1F: AQUA RHYTHMICS MaryBeth Dziadosz                                      | 1.25   | NA    | 1.25  | 1.0 | 1.0  | 0.1  |
| FR1G: GETTING YOUR LEAN HEALTHY SCIENCE Digsby, RD                          | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR1H: THE PERFECT VISUAL SOLUTION Tricia Madden                             | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| <b>FR2 9am-10:15am</b>                                                      |        |       |       |     |      |      |
| FR2A: SCHWINN®: MAX Abbie Apple                                             | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR2B: PERFECT PROGRAMMING FOR ACTIVE AGERS Amber Toole                      | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR2C: MOVEMENT TRAINING: KEEPING IT A.W.®! Alison Robbins                   | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR2D: FIRM UP YOUR YOGA Kimberly Spreen-Glick                               | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR2E: SCHWINN®: LEADER OF THE PACK Jenn Johgg, MA                           | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR2F: LABLAST®: BUOYANT BALLROOM BLOWOUT Apy Figueroa & Donna Tomassi       | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR2G: PERFECT PRACTICE MAKES PERFECT Dr. Edward Laskowski, MD               | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR2H: PURPOSEFUL PROGRAMMING Tricia Madden                                  | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| <b>FR3 11:00am-12:15pm</b>                                                  |        |       |       |     |      |      |
| FR3A: STRIKE! KICKBOXING Kimberly Spreen-Glick                              | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR3B: FUNCTIONAL TRAINING FOR ACTIVE AGERS Ann Gilbert                      | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR3C: WERQ DANCE FITNESS Haley Struxness & Ruben Pereyra                    | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR3D: WARRIOR RHYTHM™: SECRETS TO A SUCCESSFUL STUDENT Eileen Werd          | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR3E: SCHWINN®: LET THE BEAT DROP Abbie Apple                               | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR3F: RISE UP! Manuel Velazquez, Sheri K. Mac Carvalho                      | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR3G: NUTRITION AND HORMONES: HEALTHY AGING Julie Zuley, PhD, CSCS, F-500   | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR3H: FRIENDS IN FITNESS PROGRAMMING Tricia Madden                          | 1.25   | NA    | 1.25  | 1.0 | 1.0  | 0.1  |
| <b>FR4 12:30pm-2:30pm</b>                                                   |        |       |       |     |      |      |
| FR4A: CORE AMORE Tricia Madden                                              | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR4B: MOBILITY, FASCIA & THE ACTIVE AGER Irene McCormick, MS, CSCS          | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR4C: LABLAST®: FITNESS, DIVERSITY, INCLUSION. Apy Figueroa & Donna Tomassi | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR4D: HANDS ON STRETCHING Gail Bannister-Munn                               | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |
| FR4E: SCHWINN®: PRIME DESIGN 2.0 Jenn Hogg, MA                              | 1.25   | 0.125 | 1.25  | 1.0 | 1.0  | 0.1  |



|                                                                                                                                                 |      |       |      |     |     |
|-------------------------------------------------------------------------------------------------------------------------------------------------|------|-------|------|-----|-----|
| FR4F: CHANGING TIDES - H2O TABATA STYLE Cheri Kulp                                                                                              | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR4G: ELIMINATION DIET PROS & CONS Sohailla Digsby, RDN, LD                                                                                     | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR4H: FIRESIDE CHAT WITH STEVEN SCHWARTZ Steven Schwartz & Sara Kooperman                                                                       | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| <b>FR5 2:45pm-4:00pm</b>                                                                                                                        |      |       |      |     |     |
| FR5A: CREATIVE CORE SOLUTIONS Tricia Madden                                                                                                     | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR5B: INTRO TO MULTIPLE SCLEROSIS Emily Reilly                                                                                                  | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR5C: ACTIVE AGERS FROM THE GROUND UP Manuel Velazquez                                                                                          | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR5D: SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISES Patrick Mumphy                                                                           | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR5E: SCHWINN®: RISE & #RIDERIGTH Doris Thompson                                                                                                | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR5F: TAB-AQUA DISCO Tanisha (Tani) Haggard                                                                                                     | 1.25 | NA    | 1.25 | 1.0 | 0.1 |
| FR5G: STEP: THE WEIGHT LOSS MIRACLES Sandrice Seay, D.                                                                                          | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR5H: EFFECTIVE STRETCHING STRATEGIES PANEL Sara Kooperman, JD, Amber Toole, Brandi Clark, Richard Earney & Bob Esquerre, MA, NASCA-CPT & Kelly | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| <b>FR6 4:30pm-5:45pm</b>                                                                                                                        |      |       |      |     |     |
| FR6A: TOTAL BODY STRENGTH Diva Richards                                                                                                         | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR6B: QUICK & DIRTY 30 - 2023 Irene McCormick, MS, CSCS                                                                                         | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR6C: YOGA FOR BALANCE Kimberly Spreen-Glick                                                                                                    | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR6D: BRING THE TOYS! Gail Bannister-Munn                                                                                                       | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR6E: SCHWINN®: PEDAL N PULSE Abbie Appel                                                                                                       | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR6F: TAB-AQUA Kelly Bullard, MS                                                                                                                | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR6G: EXERCISE IS MEDICINE Dr. Edward Laskowski, MD                                                                                             | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| FR6H: FILL YOUR SMALL GROUP TRAINING Dr. Ashley Varol, PhD                                                                                      | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| <b>FR7 6:15pm-7:15pm</b>                                                                                                                        |      |       |      |     |     |
| FR7A: FITNESS IDOL - JUDGES: Sara Kooperman, JD, Amber Toole, Bob Esquerre MA, NASCA-CPT & Kelly Bullard, MS                                    | 1.0  | NA    | 1.0  | 1.0 | 0.1 |
| FR7C: MAMA MOUNTAIN! - HOSTED BY WERQ FITNESS                                                                                                   | 1.0  | NA    | 1.0  | 1.0 | 0.1 |
| FR7D: SHOW FREE & BE! Kimberly Spreen-Glick                                                                                                     | 1.0  | 1.0   | 1.0  | 1.0 | 0.1 |
| <b>FRIDAY TOTALS</b>                                                                                                                            |      |       |      |     |     |

**SATURDAY, September 30, 2023**

|                                                                                 | SCW  | E      | ACSM | NSCA | AFPA  | NASM |
|---------------------------------------------------------------------------------|------|--------|------|------|-------|------|
| Providers                                                                       | 117  | 670666 | N/A  | 170  | 10241 | 316  |
| SA1 7:30am-8:45am                                                               |      |        |      |      |       |      |
| SA1A: BODY WEIGHT EXERCISES YOU ARE UNDERUTILIZING Maurice Williams, CSCS       | 1.25 | 0.125  | 1.25 | 1.0  | 0.1   |      |
| SA1B: S.E.A.T.® SUPPORTED EXERCISE FOR AGELESS TRAINING Ann Gilbert             | 1.25 | 0.125  | 1.25 | 1.0  | 0.1   |      |
| SA1C: WERQ LIKE A BOSS Haley Struxness & Ruben Pereyra                          | 1.25 | 0.125  | 1.25 | 1.0  | 0.1   |      |
| SA1D: BEAUTY & THE BEAST: YOGA POWER FLOW MAR Billie Wartenberg                 | 1.25 | NA     | 1.25 | 1.0  | 0.1   |      |
| SA1E: SCHWINN®: RECOVERY RX Doris Thompson                                      | 1.25 | 0.125  | 1.25 | 1.0  | 0.1   |      |
| SA1F: H2O TABATA FOR DUTY Tanisha (Tani) Haggard                                | 1.25 | NA     | 1.25 | 1.0  | 0.1   |      |
| SA1G: THE FORMULA PRACTICES Dr. L. Earney, PhD                                  | 1.25 | 0.125  | 1.25 | 1.0  | 0.1   |      |
| SA1H: HEALTHCARE REFERRALS FOR BODYPARTS Michael Struxness, CSCS                | 1.25 | 0.125  | 1.25 | 1.0  | 0.1   |      |
| SA2 9:00am-10:15am (NOTE ADDITIONAL)                                            |      |        |      |      |       |      |
| SA2A: THE ROLE OF FITNESS PROFESSIONALS IN THE HEALTHCARE SYSTEM Patrick Mumphy | 1.25 | 0.125  | 1.25 | 1.0  | 0.1   |      |
| SA3 11:00am-12:15pm                                                             |      |        |      |      |       |      |
| SA3A: STABILITY BALL BREAKTHROUGH Gail Bannister-Munn                           | 1.25 | 0.125  | 1.25 | 1.0  | 0.1   |      |
| SA3B: STEP BY STEP WALKING ALONG Kelly Bullard, MS                              | 1.25 | 0.125  | 1.25 | 1.0  | 0.1   |      |



|                                                                                                             |      |       |      |     |     |
|-------------------------------------------------------------------------------------------------------------|------|-------|------|-----|-----|
| SA3C: LABLAST® FITNESS: BALLROOM BLOWOUT Apy Figueroa & Donna Tomassi                                       | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA3D: HAPPY MUSCLES!® TIGER TAIL® RECOVERY Dr. Julie Zuleger, PhD, CSCS, CPT, Nutrition Specialist, RYT-500 | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA3E: SCHWINN®: CYCLE MIXOLOGY - KILLER PLAYLISTS Apy Figueroa                                              | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA3F: BUOY, OH BUOY, OH BUOY! Manuel Velazquez, Cheri Kulp, Mariana Carvalho & Sara Vandenberg              | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA3G: PROTEIN POWER FOR WEIGHT LOSS Sohailla Digsby, MS, RD                                                 | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA3H: FIND & ENROLL CLIENTS USING SOCIAL MEDIA Brandi Claiborne                                             | 1.25 | NA    | 1.25 | 1.0 | 0.1 |
| <b>SA4 12:15pm-2:30pm</b>                                                                                   |      |       |      |     |     |
| SA4A: CIRCULATING CIRCULATING CIRCULATING FOR POWER Maurice Williams, MS, CSCS                              | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA4B: KICKLEBALL POWER & PERFORMANCE Koopman, JD                                                            | 1.25 | NA    | 1.25 | 1.0 | 0.1 |
| SA4C: MIND & BODY FLOW Alysia Robbins                                                                       | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA4D: BY ANY STRETCH Alysia Robbins                                                                         | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA4E: SCHWINN®: BREATHE IT BREATHE IT LESS Tatiana Kolovou, MBA                                             | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA4F: BEACH BOOY BOOY BOOY Sara Vandenberg                                                                  | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA4G: PHYSICS OF PAIN & PERFORMANCE Patrick Mumby                                                           | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA4H: GROW YOUR BUSINESS BY ADDING VALUE Bob Esquerre, MA, NSCA-CPT                                         | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| <b>SA5 2:45pm-4:00pm</b>                                                                                    |      |       |      |     |     |
| SA5A: DYNAMIC CORE TRAINING Sheldon McBee, MS                                                               | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA5B: FUNCTIONAL FITNESS 50+ Amber Toole                                                                    | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA5C: WARRIOR COMBAT™: KEEP FIGHTING Diva Richards                                                          | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA5D: POSTURE & ALIGNMENT WITH PERSONAL TRAINING Patrick Mumby                                              | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA5E: SCHWINN®: HEAR US ROAR THE POWER OF AUTHENTICITY Thews & Tatiana Kolovou, MBA                         | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA5F: FREE TO MOVE IN THE POOL Marissa Dziubinski                                                           | 1.25 | NA    | 1.25 | 1.0 | 0.1 |
| SA5G: EAT TO LOSE Dr. Candice Seti, PhD                                                                     | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA5H: STOP SELLING & CREATE CULTURE Ann Gilbert                                                             | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| <b>SA6 4:15pm-5:45pm</b>                                                                                    |      |       |      |     |     |
| SA6A: TOP TIER CORE CONDITIONING Dr. Aaron Jackson, PhD                                                     | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA6B: PLYO & CORE FOR OLDER ADULTS Dr. Aaron Jackson, PhD                                                   | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA6C: GLUTE TRAINING: BEGINNER TO ADVANCED Greg Johnson, MS                                                 | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA6D: CORRECTIVE EXERCISE STRATEGIES FOR THE ANKLE Maurice Williams, MS, CSCS                               | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA6E: SCHWINN®: THE TRIPLE THREAT Jenn Hogg, MS                                                             | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA6F: POOL PERSONAL TRAINING Connie Lagerhausen                                                             | 1.25 | NA    | 1.25 | 1.0 | 0.1 |
| SA6G: POWER TRAINING FOR AGING ADULTS Michael Stack, CSCS                                                   | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| SA6H: STOP SELLING & CREATE CULTURE Ann Gilbert                                                             | 1.25 | 0.125 | 1.25 | 1.0 | 0.1 |
| <b>SATURDAY TOTALS</b>                                                                                      |      |       |      |     |     |



**SUNDAY, October 1, 2023**

|                                                                       | ACE    | ACSM  | AEA   | AFAA  | NASM |
|-----------------------------------------------------------------------|--------|-------|-------|-------|------|
| Provider Number MW23                                                  | CEP270 |       | 11670 | 10241 | 316  |
| <b>SU1 7:30am-8:45am</b>                                              |        |       |       |       |      |
| SU1A: CORE CRUSHER Diva Richards                                      | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU1B: KICKBOXING FITNESS Apyroera & Anna Tomassi                      | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU1C: JUST BEAT IT Billie Wartenberg                                  | 1.25   | NA    | 1.25  | 1.0   | 1.0  |
| SU1D: MYOFASCIAL RECOVERY Herson                                      | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU1F: COACHING Vandenb                                                | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU1G: FAD DIETS & FAILED EXPECTATIONS Amber Toole                     | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU1H: PERSONAL AND SMALL GROUP TRAINING SALES Sheldon McBee, MS       | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| <b>SU2</b>                                                            |        |       |       |       |      |
| SU2A: BRINGING BACK FOUNDATIONAL STRENGTH TRAINING Greg Johnson, MS   | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU2B: AGING SHOULDER: EXERCISE TO FUNCTION Dr. Aaron Aslakson, PhD    | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU2C: KICKBOXING GROOVE Tanisha (Tani) Haggard                        |        |       | 1.25  | 1.0   | 1.0  |
| SU2D: GENTLE YOGA FOR MOBILITY Manuel Velazquez                       | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU2F: AQUA RUNNING & CONDITIONING Billie Wartenberg                   | 1.25   | NA    | 1.25  | 1.0   | 1.0  |
| SU2G: SELF-CARE FOR YOUR IMMUNE SYSTEM Dr. Candice Seti, Psy.D.       | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU2H: BUSINESS BLUEPRINT FOR 2023 Dane Robinson                       | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| <b>SU3 10:45am-12:00pm</b>                                            |        |       |       |       |      |
| SU3A: WARRIOR STRENGTH: PUT FUN IN FOUNDATIONAL Ellen de la Cruz, MS  | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU3B: AGING WITH STRENGTH & GRACE MaryBeth Dziubinski                 | 1.25   | NA    | 1.25  | 1.0   | 1.0  |
| SU3C: STRENGTH TRAINING BASED CIRCUIT WORKOUT Sheldon McBee, MS       | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU3D: KICKBOXING BACK PAIN? Herson Garcia                             | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU3F: FITNESS REMIX: POOL PLAYGROUND Anne Lagergren                   | 1.25   | NA    | 1.25  | 1.0   | 1.0  |
| SU3G: WEIGHT LOSS GROSS Greg Johnson, MS                              | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU3H: CREATE VALUE - RETAIL CLIENT Amber Toole                        | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| <b>SU4 12:15pm-1:30pm</b>                                             |        |       |       |       |      |
| SU4A: FUNCTIONAL TRAINING Herson Garcia                               | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU4B: TRANSFORMATIONAL TRAINING AFTER 40 Irene McCormick, MS, CSCS    | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU4C: TOTAL BODY SHAPING Sheldon McBee, MS                            | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU4D: ELEVATED: NEXT LEVEL ACTIVE RECOVERY Dane Robinson              | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU4F: AQUA STRIDES & STRENGTH MaryBeth Dziubinski                     | 1.25   | NA    | 1.25  | 1.0   | 1.0  |
| SU4G: HEALTHY WEIGHT: DEFINED BY A DIETITIAN Sohailla Digsby, RDN, LD | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| SU4H: MONETIZING YOUR PASSION & SKILLS Bob Esquerre MA, NSCA-CPT      | 1.25   | 0.125 | 1.25  | 1.0   | 1.0  |
| <b>SUNDAY TOTALS</b>                                                  |        |       |       |       |      |

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

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

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

Signature: \_\_\_\_\_