

*Boring Fire District Health & Wellness*

***BE-FIT*** proudly presents...



*An ACE approved Continuing Education Seminar...*

## ***Functional Movement Screen: How to Use & Interpret It***

Monday, January 21 / 8 a.m. — 5 p.m.  
Boring Fire District Headquarters Station 140  
28655 SE Hwy 212 Boring, Oregon

### **Functional Movement Screen: How to Use & Interpret It (.8 CEC, ACE approved)**

Learn how to build, administer, and interpret the Functional Movement Screen. This is an excellent tool to identify movement dysfunctions and to design exercise programs to correct for those dysfunctions, and goes a long way toward injury prevention.

**\$280 per student if < 6 attendees**

**\$240 per student if 6-8 attendees**

**\$200 per student if 9-12 attendees**

**Register by Jan. 14: 206 938- 3294 or [ErgoGirl@ErgoFitConsulting](mailto:ErgoGirl@ErgoFitConsulting)  
Light refreshments provided. Lunch on your own.**



**Presented by Deborah Read, MOTR/L  
Founder, ErgoFit Consulting Inc.**

"...If you have the opportunity to meet Deborah it will be obvious that her commitment to fitness and wellness is her passion and not just a career...Deborah has also been involved in ergonomics and overall safety and wellness. In my 14 years of firefighter wellness experience, I have not seen the level of commitment and the competency in being able to motivate and teach a wide variety of personalities that I see in Deborah." --- Kevin Fetter, Training Coordinator, Snohomish County Fire District 1