

Title: Embracing the role of physical therapists in Salutogenesis

Brief Description: In this 90 min session you will explore how physical therapists can promote health at the macro, meso and micro levels. We will begin with a brief report on the new Osher Center for Integrative Health at UVM. Then we will look at the recent “*Stay Active – Stay Healthy*” community screening event for adults age 50 and older based on the APTA’s annual wellness check up. Next we will get you moving with an experiential activity where you will examine your own health. We will close the day with a brief gentle yoga session. Please bring comfortable clothes and a yoga mat or towel for the floor.

Presenters: Ray Raymer MA, SDPT and Catherine Sutton MS, SDPT are graduate students in the DPT program at the University of Vermont.
Karen C. Westervelt PT, ATC, PhD, NBC-HWC is a *Board Certified Orthopaedic Clinical Specialist* and a *Fellow of the American Academy of Orthopaedic Manual Physical Therapy*. She is a Clinical Associate Professor in the Department of Rehabilitation and Movement Science and the Education Director of the Osher Center for Integrative Health at UVM.