



Healing Through Movement is very excited to announce:

## Anthony Carey

The highly acclaimed author of

### **The Pain Free Program:**

*A Proven Method to Relieve Back, Neck, Shoulder and Joint Pain*

## FOUNDATIONS FOR FUNCTION

Foundations for Function: Movement by Design covers the fundamentals of functional training by presenting the health and fitness professional with the programming skills and knowledge essential for professional success. Movement by Design refers to using our bodies the right way. Discover how to use functional anatomy, motor learning principles and a range of assessments to develop comprehensive functional exercise programs.

Foundations for Function: Movement by Design is based on fundamental anatomical, neurological, physiological and biomechanical principles. By using the blueprint of the human body as a guide, the goal of the approach is to bring about a functionally operating musculoskeletal system through structural strength and postural balance.

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**CONTINUING EDUCATION CREDITS:** 1.2 ACE / 12 BCRPA / CSEP 12 PDC /  
Pending: NSCA / Can-Fit-Pro / BCAA / CMT

**LOCATION:** T.B.A. - Vancouver, BC, Canada

**DATES:** Saturday, October 21, 2006 from 9 am to 4 pm & Sunday, October 22, 2006 from 9 am to 4 pm

**COURSE FEE:** - \$299 prior to September 22, 2006 (Includes a 40 page course resource manual)

**TO REGISTER OR MORE INFORMATION:** Visit [www.HealingThroughMovement.com](http://www.HealingThroughMovement.com) or Call **Rick Kaselj** at (604) 532-5248

**Group Rates** - Group Discounted Rates Available / **Referral Program** - Refer People to the Course and Earn Extra Money

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### **Anthony Carey, MA, CSCS**

Anthony Carey's educational background consists of a Master's degree in Biomechanics and Athletic Training and a Bachelor's degree in Exercise Physiology. Over the last fifteen years Anthony has focused on working with clients with **musculoskeletal challenges** and uses **corrective exercise** as an exercise alternative to pain relief. Anthony is also the author of the highly acclaimed book **The Pain Free Program: A Proven Method to Relieve Back, Neck, Shoulder and Joint Pain** and DVD; **Corrective Exercises for Powerful Change**.



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