

2021 Instructor Training and Continuing Education Opportunities
Lexington Medical Center - Health Directions

Date(s)	Course name	Time	CECs/CEUs	Location	Cost	Registration Deadline
January						
22	CPR	12am - 2pm	---	HD - West Columbia	\$60	Mon, January 18
February						
20-21	YogaFit Level One	8am - 6pm	1.5 ACE, 15.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
March						
26	CPR	12am - 2pm	---	HD - West Columbia	\$60	Mon, March 22
April						
10	Intervals, Circuits & Boot Camps, oh my!	10am - 2pm	ACE 0.4, HD 4.0	HD - West Columbia	\$99	Mon, April 5
May						
15	YogaFit for Athletes	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
16	YogaFit for PT	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
June						
25	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, June 22
September						
11-12	YogaFit for Warriors (PTSD)	8am - 6pm	1.5 ACE, 15.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
October						
9	Intervals, Circuits & Boot Camps, oh my!	10am - 2pm	ACE 0.4, HD 4.0	HD - West Columbia	\$99	Mon, October 4
22	CPR	12am - 2pm	---	HD - West Columbia	\$60	Mon, October 18
November						
13-14	YogaFit Level Two	8am - 6pm	1.5 ACE, 15.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com

Health Directions is the host site for YogaFit and TRX courses. Any questions specific to registration or course confirmation should be directed to the organization giving the training (YogaFit and TRX). Any questions concerning the training facility can be answered by calling (803) 791-2049.

For all Health Directions-designed courses, registration can be completed at www.lmchealthdirections.com, or you can complete a Registration Form (available online) to register through the mail. A confirmation email will be sent to all registered participants the Wednesday before the course for which they have registered with final details on the course. Upon registering online, you should automatically receive a payment confirmation email from our online software. When registering online, please also fill out a Registration Form and mail, email, or fax it to our office. Make sure to include your email address to ensure that you receive the course confirmation information the week of the course. Call (803) 791-2049 with questions.

Mailing Address:

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West Columbia, SC 29169

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