

**2022 Instructor Training and Continuing Education Opportunities**  
Lexington Medical Center - Health Directions

| Date(s)          | Course name   | Time       | CECs/CEUs        | Location           | Cost  | Registration Deadline   |
|------------------|---|------------|------------------|--------------------|-------|---|
| <b>June</b>      |   |            |                  |                    |       |   |
| 17               | CPR   | 11am - 1pm | ---              | HD - West Columbia | \$60  | Mon, June 13  |
| <b>September</b> |   |            |                  |                    |       |   |
| TBA              | Communication is Crucial: Cultivating leadership, creating successful teams, building communities | 8am - 1pm  | 0.5 ACE, 5.0 HD  | HD - West Columbia | \$150 | TBA   |
| 16               | CPR   | 11am - 1pm | ---              | HD - West Columbia | \$60  | Mon, September 12   |
| 24-25            | YogaFit for Warriors (PTSD)   | 8am - 6pm  | 1.5 ACE, 15.0 HD | HD - West Columbia | ---   | For cost and reg info, see <a href="http://www.yogafit.com">www.yogafit.com</a> |
| <b>November</b>  |   |            |                  |                    |       |   |
| 19-20            | YogaFit Level Two   | 8am - 6pm  | 1.5 ACE, 15.0 HD | HD - West Columbia | ---   | For cost and reg info, see <a href="http://www.yogafit.com">www.yogafit.com</a> |

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](http://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:**

Health Directions  
3239 Sunset Boulevard  
West Columbia, SC 29169

**Phone:** (803) 791-2113

**Fax:** (803) 791-2299