

Continuing Education Classes for Health & Human Services

FLORIDA GULF COAST UNIVERSITY
OFFICE OF CONTINUING EDUCATION

Faith & Fitness

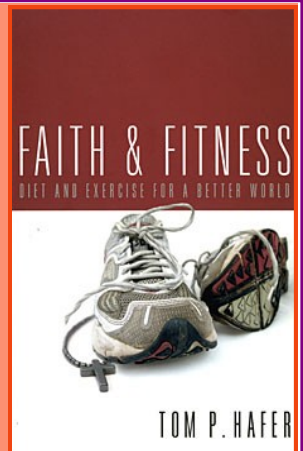
Spring-Summer 2010



"His message couldn't be more clear; eat authentic food and move your body." *Brad Boom, President of Lifestyle Media Group and publisher of Faith & Fitness Magazine*

"I just finished reading Tom Hafer's book, Faith & Fitness. It is amazing how entwined our Faith and Fitness really is. I highly recommend you put this book on your must read list NOW. What a great awakening this is for all of us to follow. We truly can help alleviate hunger in the world and make it a safer and healthier place to live." *Bill Holden, Foundation Chairman Gulf Coast Village, Cape Coral, FL (Age 90)*

Tom Hafer is the author of *Faith and Fitness* (an Augsburg Books bestseller in 2007). Hafer is a Physical Therapist, a certified Athletic Trainer, and holds a Master's degree in Religion. He serves as both Chaplain and a Physical Therapist at Gulf Coast Village, Volunteers of America in Cape Coral, Florida. He is a national presenter on the issues of Faith and Fitness, and is the founder of the popular Wellplanet.org website which teaches us to care for ourselves to better care for others.



This course introduces fitness as a true Spiritual Discipline. Our conscious effort towards personal wellness becomes an expression of gratitude and thanksgiving when we focus on a much larger global picture. The way we grow, eat, and share food cures obesity, world hunger, and restores the planet. Exercise is no longer a chore; it is an opportunity to living life in abundance. Health and wellness cannot exist in a single dwelling if the rest of the village goes without. The community's health is dependent on the collective support and efforts of its individuals. This course will make clear, in addition to proper nutrition and exercise; wellness, by design, requires one to live in harmony with others; to love and to be loved by a village; every member of every age being a necessary and valued contribution to the whole. Everyone nourishes everyone, through the basic variables for health: food, exercise, and yes, love! We have never had a timelier message to re-learn.



REGISTER NOW
239-425-3277

Or

<http://registerCE.fgcu.edu>

LOCATION

Atrium Executive Center
8695 College Parkway, #1181
Fort Myers, FL 33919

Course Number: CE1045
Dates: June 15, 2010
Time: 5:30– 7:00 PM
Cost: \$20

Course Number: CE1046
Dates: July 27, 2010
Time: 5:30– 7:00 PM
Cost: \$20

Instructor: Tom Hafer

Contact Hours

Approved 1.5 contact hours through CE Broker for the following professions: ARNPs, Clinical Nurse Specialists, RNs, LPNs, CNAs; Social Workers, Mental Health Counselors, Marriage & Family Therapists; Respiratory Care; Dietetics & Nutrition. Chaplains and Law Enforcement (self-submit). Pending contact hours for Physical Therapists and Occupational Therapists.

General Public Welcome to Attend

