

# Smart Life Institute Educational Programs

The Smart Life Institute has been developed as a "university-style" educational program. Courses and seminars are offered on a wide variety of topics emphasizing up-to-date sports sciences, sports medicine, and self-care competencies. These sessions are designed for both the recreational and elite athlete, those new to activity, and as continuing medical education for health care professionals.

**How much do the sessions cost?** SSI's goal is to make education readily accessible for everyone. The individual sessions are \$10. You can register for multiple sessions at the same time with an associated discounted rate. There are also "programs", similar to a "degree plan", in which one fee will register you for a series of related sessions (i.e. RunSmart).

**I am just becoming more active. Would these sessions be appropriate for me?** Absolutely! Getting up-to-date information on assorted training-related topics will allow you to "start on the right foot" - no pun intended!

**I am a physical therapist or chiropractor. Would these sessions be appropriate?** All of the sessions would be appropriate. There are also specific CEU programs that are geared for the needs of the health care professional.