

MindMaps Education Systems, Inc. CORE Weight Management Program

What is it?

A Certified Weight and Obesity Management Coach-led weight management program that includes a team of professionals—certified coaches, registered dietitians and certified personal trainers.

How do I become MMES Certified Dietitian or a MMES Certified Personal Trainer?

- Successfully complete Bariatrics 101 Course to be a candidate for the 2-hour CORE Webinar for Dietitians and Certified Personal Trainers.

How do I benefit from being MMES Certified?

- Incredible networking and real business models to generate revenue for your niche business.
- MindMaps Education Systems (MMES), Inc. is a resource for potential referrals and marketing.

*Preferred status regarding paid speaking engagements for MMES.

*Preferred status regarding paid staffing.

**Performance evaluations also considered in selection*

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Grapevine, TX 76051
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www.MMEducationSystems.com

Feel “Stuck” in Helping Your Clients Lose Weight?



Bariatrics 101 Course: A Team Approach to Obesity Management: Coaching Your Obese Client’s Behavior, Healthy Nutrition and Activity through MindMaps Education Systems, Inc.

➤ **Target Audience: Registered
Dietitians, Diet Technicians,
Certified Personal Trainers**

May 1 —May 2, 2010
Grapevine Convention Center
Grapevine, TX 76051

Objectives

- Explain why cognitive behavior therapy is most effective in the treatment for obesity.
- Distinguish between myths and current studies regarding nutrition recommendations for weight management.
- Distinguish between myths and current studies regarding exercise recommendations for weight management.
- List the 2 advantages and 2 disadvantages to each of the 3 most common bariatric surgeries.
- Name 3 factors that can promote a successful outcome with a morbidly obese patient, post-bariatric surgery.
- Recognize 3 factors that can produce a poor outcome (less weight loss) with a morbidly obese patient, post-bariatric surgery.
- Describe key nutrition recommendations pre- and post-bariatric surgery.
- Understand important components of an exercise program to aide weight loss safely.
- List 2 ineffective beliefs that an obese client might share.
- Identify 3 ways to improve the nutrition and taste of food for weight loss.
- Utilize a coaching technique to improve behavior for nutrition and exercise.
- Demonstrate a neurolinguistic programming (NLP) exercise to maximize behavior changes in the obese client.
- State 3 ways to develop rapport with obese client.

Organizations:

Registered Dietitians/Diet Technicians—12 CPEUs—Level 2—
Learning Codes related to weight management

CPT—12 Contact Hours from Cooper Institute Category 1

**Bariatrics 101—A Team Approach to Obesity Management:
Coaching an Obese Client's Behavior, Healthy Nutrition and
Activity**

Saturday, May 1 and Sunday, May 2, 2010

Grapevine Convention Center

Chenin Blanc Room

1209 South Main Street (East on Vine St.)

Grapevine, Texas 76051

www.grapevineconventioncenter.com

817.410.3459

Help Turn Yourself and Your Clients Around When You Want to Reach a Weight Goal!



Your Own Personal and Client Monitoring Device for Measuring You and Your Clients' Metabolism Available!



Participant Price: \$259.99 plus tax and subscription (1st month FREE, Monthly—\$12.95/mo., 6 month—\$9.95/mo., 12- month—\$6.95/mo.)

Registration Form

Bariatrics 101: A Team Approach to Obesity Management: Coaching Your Obese Client's Behavior, Healthy Nutrition and Activity

Price

- | | | | |
|---|-------------------------|-------------------------|-----------------------------|
| <input type="checkbox"/> Early Registration (deadline 03-02-10) | \$300.00 | | |
| <input type="checkbox"/> Registration (03-03-10—05-01-10) | \$350.00 | | |
| <input type="checkbox"/> Check here for Payment Plan Option | \$100.00
By 03-02-10 | \$100.00
By 04-02-10 | \$100/150.00
By 05-01-10 |

RD / Diet Tech / CPT (Circle One)

First Name _____ Last Name _____

Street Address _____ Apt. No. _____

City _____ State _____ Zip Code _____

Contact Phone _____ e-mail address _____

Method of Payment

- | | |
|--------------------------------|-------------------------------------|
| <input type="checkbox"/> Check | <input type="checkbox"/> Discover |
| <input type="checkbox"/> Visa | <input type="checkbox"/> MasterCard |

Credit Card # _____ Exp. date _____

Credit Card Code _____

Credit Card Billing Address—City, State, Zip _____

Signature _____ Date _____

**Checks payable to: MindMaps Education Systems, Inc.,
P.O. Box 1293, Grapevine, TX 76051**

Cancellation Policy: All credit cards will be charged and checks cashed at the time of registering by phone, mail or e-mail. A 50% non-refundable fee applied if cancellation occurs 30 days or more before seminar. A 75% non-refundable fee applied if cancellation occurs 14-29 days prior to seminar. No refund available if cancellation notification provided 13 days or less before day of seminar or in no cancellation notification made. All non-refundable fees may be applied to future seminars.

Hotel Information:

Baymont Inn DFW Airport,

301 Capitol Street, Grapevine, Texas, 76051.

\$89.00/night with free shuttle to DFW and Grapevine Convention Center.

Room rate is guaranteed until April 15, 2010.

Continental Breakfast included.

Certified Obesity & Weight Management Coaching Group

817.329.9300

www.baymontinns.com