

2025 Instructor Training and Continuing Education Opportunities

Lexington Medical Center - Health Directions

Date(s)	Course name	Time	CECs/CEUs	Location	Cost	Registration Deadline
June						
20	CPR	11:30 am - 1:00 pm	---	HD - West Columbia	\$60	Mon, June 16
21	The Turkish Get-Up: A Comprehensive Clinic for Coaches	9:00 am - 3:00 pm	0.6 ACE, 6 HD	HD - West Columbia	\$150	Mon, June 16
September						
20	Communication is Crucial: Cultivating leadership, creating successful teams, building communities	9:00 am - 2:00 pm	0.5 ACE, 5.0 HD	HD - West Columbia	\$150	TBD
October						
18	Kettlebell Clinic: Single KB Technique and Programming Fundamentals	9:00 am - 2:00 pm	0.5 ACE, 5.0 HD	HD - West Columbia	\$150	Mon, October 13
November						
15	The Turkish Get-Up: A Comprehensive Clinic for Coaches	9:00 am - 3:00 pm	0.6 ACE, 6 HD	HD - West Columbia	\$150	Mon, November 10