

*save the date!*

CREATING AN ENVIRONMENT  
FOR CHANGE

*Moving Patients from Thinking to DOING*

Presented by Fairview Physician Associates (FPA) with a grant from Medica

*DoubleTree Hotel, Minneapolis-Park Place*

For health care professionals, leaders, educators and others interested in promoting patient self-care and sustainable lifestyle change:

- Assess patient motivation and readiness
- Promote cessation of smoking, drug and alcohol use
- Promote weight loss and management
- Change attitude, appetite and activity

Conference is inspired by FPA's CAN DO weight loss and healthy lifestyle program. See CAN DO at [FPAnetwork.org](http://FPAnetwork.org). CME/CEU applied for.

KEYNOTES:

**Stacy Nelson, Ed.D.**, Florida-based Senior Consultant for Vitalsmarts, Provo, Utah. Nelson is a Master Certified Trainer for the national best selling books, *Influencer* and *Crucial Conversations*.

**Matthew Sanford**, award-winning author of *Waking: A Memoir of Trauma and Transcendence*. Sanford founded the non-profit Mind-Body Solutions, offering a groundbreaking mind-body approach to engage both patients and caregivers more directly in the healing process.

Sponsorship and exhibitor opportunities are available at [FPAnetwork.org](http://FPAnetwork.org), 952-925-1250. Register at [FPAnetwork.org](http://FPAnetwork.org); watch for posting of conference details.

# Moving Patients from Thinking to DOING

Wednesday, Nov. 4  
DoubleTree Hotel, Minneapolis-Park Place

## Plenary Panel Presentations

- *Fairview Case Study*: Motivational Interviewing as Part of Care Model Redesign in the Clinic Setting
- Strategies and Success Stories: Moving Patients from Thinking to DOING

## Breakout Session Tracks

- Changing *attitude*
- Changing *appetite*
- Changing *activity*

*FPA is an integrated practice network of 1,400 independent and Fairview-employed physicians practicing at more than 300 primary and specialty clinic locations in the Twin Cities metro area. Visit [FPAnetwork.org](http://FPAnetwork.org).*

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## FAIRVIEW PHYSICIAN ASSOCIATES

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