

# SARCOPENIA

Education Series for Clinicians

EXPERT WEBINAR  
VIA YOUR PC OR SMARTPHONE

## HOW TO IMPLEMENT WEIGHT TRAINING TO ADDRESS & PREVENT SARCOPENIA

APRIL 24, 2018 | 8:00 AM PST

Dr. Perparim Ferunaj is a professor, International Olympic Sports Performance Coach and an expert on sports performance and training in seniors. He will deliver the learning objectives on how to implement weight training addressing sarcopenia. You can earn 1 CE credit.

[www.SARCOPENIAHELP.COM](http://www.SARCOPENIAHELP.COM)



LECTURER:

**PERPARIM FERUNAJ, PHD**

Professor  
International Olympic Sports Performance Coach