



Attention Learners!



Dear Pathways Learner,

Thank you for attending the session, **Pathways in Management: Osteoarthritis and Chronic Low Back Pain**, sponsored by the Nurse Practitioner Healthcare Foundation at the NNPS conference on July 18, 2019 in Keystone, Colorado.

As a reminder, here is a link to the Pathways in Management site where you can download the **McGill Back Exercises** to share with your patients:

<https://pathwaysinmanagement.org/> These exercises help improve flexibility, strength, balance, and focus.

Also, **for those who would like additional CE credit**, you are invited to participate in a Functional Assessment "Mini Quality Assessment" activity. You will receive *5 AMA PRA Category 1 Credits* for participating. Simply follow the instructions in the link above under "Improve Your Practice."

Thank you for improving the quality of life for patients with osteoarthritis and chronic low back pain. Your care makes a difference!

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