



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

**Sara Bridgewater**

has completed the following course:

**Arthritis Foundation: Walk with Ease**

**CEUs: AFAA 4.0, NASM 0.4**

**8/1/2019**

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Completion Date

# CERTIFICATE *Of* COMPLETION

Sara Bridgewater

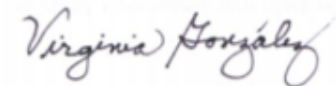
Has completed training for

**CDSMP Update Jun 26 2020 10:00AM**

Kate Lorig, Dr.P.H.



Virginia González, M.P.H.



# CERTIFICATE *Of* COMPLETION

Sara Bridgewater

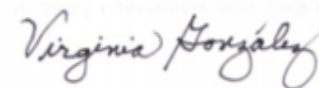
Has completed training for

**CDSMP to Workplace CDSMP Trainer Orientation - Jun 25 2020**

Kate Lorig, Dr.P.H.



Virginia González, M.P.H.





Dr Paul Lam

Tai Chi for Health Institute

SARA BRIDGEWATER

has completed the

**TAI CHI for ARTHRITIS for FALL PREVENTION  
Instructor/Leader Course**

**Valid for Two Years**

Held on:

APRIL 14, 2021

Location:

VIRTUAL

**Authorized Master Trainer**

Board Certified Instructors must pay annual membership fees and complete an updated training for applicable tai chi program(s) every two years. This Certificate constitutes proof that the biannual training (re) certification for the referenced tai chi program has been completed effectively the date listed herein above. All current TCHI Board Certified Instructors are listed on the Institute's website.



# Certificate of Completion

*Sara Bridgewater*

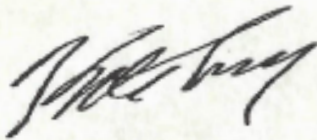
Has successfully completed training (28 hours) for

Leader

**Chronic Disease Self-Management Program**

November 5 - 8, 2018

St Joseph, Missouri



*Kate Lorig, Program Director*



Stanford University  
Patient Education  
Research Center

*Debbie Braby* *Trainer*

*Karen L. Dreyer* *Trainer*

*Brenda K. Dean* *Trainer*

November 8, 2018

*Date*



# Certificate of Completion

*Sara Bridgewater*

Has successfully completed (8 hours) of Cross-training for

Leader

Diabetes Self-Management Program

11/9/18

St Joseph, Missouri



Kate Lorig, Program Director

November 9, 2018



Stanford University  
Patient Education  
Research Center

*Debbie Braby* *Trainer*

*Karen L. Meyer* *Trainer*

*Brenda K. Dean* *Trainer*

# Certificate of Completion

This certifies that

**SARA BRIDGEWATER**

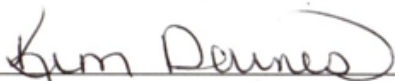
has successfully completed the 2 Day CPSMP Leader Cross-Training  
to fulfill the role of

**Leader**


of the 2015 (January 2017 Version) of the Chronic Pain Self-Management Program developed by Canadian researchers in conjunction with Dr. Kate Lorig and staff at Stanford University upon co-leading one (1) entire 6-week session of the CPSMP Course within a year of Training and submission of the required reporting documents.

Given this 13th day of September 2019

*Master Trainers: Kim Downes, Tane Lewis and Orvie Prewitt*



Kim Downes, KCQIC, Executive Director



Tane Lewis, MARC, Evidence-based Program Coordinator



Missouri Association of  
Area Agencies on Aging

Licensed thru the Missouri Association of  
Area Agencies on Aging (MA4)



Orvie Prewitt, KC RAC, Program Coordinator



Missouri REGIONAL  
ARTHRITIS CENTERS