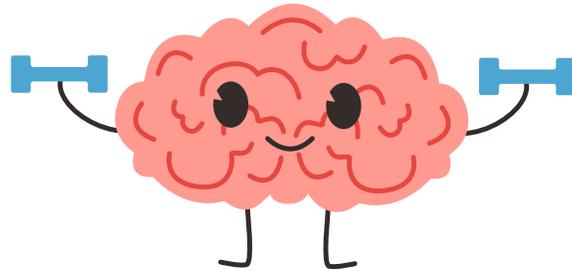




# “Community Matters”

By Lamprey Health Care

A speaker series bringing relevant topics to the forefront



## GET UP AND GLOW!

### The connection of movement to mental health

Presented by: Sarah Slocum, MD

Special Guest: Ryan Poplaski, DPT, owner of Bodywise Physical Therapy

Discover the powerful biological mechanisms that link physical activity to mental well-being and explore how this connection drives exponential improvements in overall human health and welfare. This seminar dives into the science behind movement and mood, revealing why exercise is not just good for the body, but transformative for the mind and society.



**Wednesday March 11<sup>th</sup> 2026** Raymond Office (128 Route 27)



Refreshments: 4:30pm



Presentation & Workshop: 5:00pm - 6:00pm



#### Small groups discussion & Workshop Highlights

- Brainstorming easy-access physical activity
- Discussing limitations to getting exercise and strategies to increase movement
- Modifying activities
- Group Chair exercises

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. contact hours Activity Number: 1618

The Southern NH Area Health Education Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For other professionals: 1.0 professional hours of continuing education.