Dear Community Partners:

I would like to inform you and your employees, members and volunteers of an important educational opportunity available at College of the Canyons. I am referring to the 12-unit SHARP (Skills for Healthy Aging Resources and Programs) Certificate.

This certificate is based on promoting Evidence-Based Health Promotion (EBHP) among older adults, and is especially designed for students who are 1) looking for a new career path; 2) transferring to a 4-year college or university and majoring in gerontology or emphasizing the field of aging in disciplines like psychology, social work or sociology; 3) pursuing training in health-related fields like nursing; 4) working in the area of aging services and seeking additional knowledge; or, 5) caring for aging friends or relatives. This certificate program also offers opportunities to be trained in various EBHP programs.

Students have the option of completing the certificate in one semester; or, they can spread it out over one year. This certificate program is the first of its kind to be offered at a community college anywhere in the nation.

As the nation’s 70 million Baby Boomers continue to turn 65, we will witness 10,000 of them entering the ranks of “older adulthood” each day until 2029. These numbers are staggering, since this cohort will comprise 25 percent of the U.S. population by 2025. The need for a trained workforce is evident! If you would like to find out more about this exciting educational opportunity, please consider enrolling in the certificate program. Course offerings for Spring Semester 2014 are listed as follows:

**GERO 101 INTRODUCTION TO HEALTHY AGING (3 Units)**
Examines the biological, psychological and social issues associated with the aging process and reviews aspects of healthy aging among older adults.

- 94792 12:30PM-01:50PM MW M. Andrade HSLH-135
- 94791 06:30PM-09:35PM M K. Coleman HSLH-135

**GERO 102 HEALTH PROMOTION: BEHAVIOR CHANGE THEORIES AND PRACTICES (3 Units)**
Examines behavior change, processes and motivational theories, as well as negotiation and motivational interview techniques, group dynamics and communication skills among older adults.

- 94793 06:30PM-09:35PM T R. Hyatt HSLH-135
GERO 103 HEALTH PROMOTION: PROGRAM IMPLEMENTATION (3 Units)
Introduces specific Evidence Based Health Promotion (EBHP) programs for older adults that address issues of chronic disease self-management, physical activity, falls prevention, depression care management, and medication management while discussing program instruction and administration.

94794 06:30PM-09:35PM W  O. Fisher and B. Heinzel  HSLH-135

GERO 104 HEALTH PROMOTION: FIELDWORK PRACTICUM (2 Units)
Capstone course to the Skills for Healthy Aging Resources and Programs (SHARP) Certificate by employing fieldwork methodology and program skills in an Evidence Based Health Promotion (EBHP) setting working with older adults.

94795 06:30PM-08:20PM TH B. Heinzel  HSLH-135

CWE-GERO 188 (1 Unit)

For more information, please contact Dr. Patty Robinson at patty.robinson@canyons.edu or see http://www.canyons.edu/Departments/SOCI/Pages/SHARP.aspx.

Thank you,

Patty Robinson

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SHARP Certificate Program