

# Aspirus System-wide Grand Rounds CME ON DEMAND

## Health Benefits of Yoga



**Andrew Beaumont, MD, PhD  
Neurosurgeon, Aspirus Spine &  
Neurosciences**

### Statement of Accreditation

Aspirus Wausau Hospital is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

### Credit Designation Statement

Aspirus Wausau Hospital designates this live educational activity for a maximum of 1 *AMA PRA Category 1 Credit*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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**Date:** Originally Presented January 9, 2019

**Speaker:** Andrew Beaumont, MD, PhD

### Objectives

1. Review the origins of yoga as it relates to medicine
2. Examine the physiological impact of yoga
3. Explore health conditions that can be helped by yoga
4. Discuss the role and training requirements of certified yoga therapists

### Bio –

Dr. Beaumont is a neurosurgeon at Aspirus Spine & Neurosciences. He completed his medical school at the University of Edinburgh and residency at the Medical College of Wisconsin, Milwaukee, WI. He is Board Certified with the American Board of Neurological Surgery. In addition, his Yoga expertise includes E-RYT500 Certified Viniyoga Teacher and NASM Certified Personal Trainer

### Areas of Special Clinical Interest

General, complex and minimally invasive spinal surgery, neuro-oncology (brain and spinal cord tumors), functional neurosurgery (pain and spasticity) and stereotactic neurosurgery.

**Target Audience** – this program is designed for physicians, residents, physician assistants, nurse practitioners, registered nurses, allied health care professionals, medical students, and management; interested health care professionals are strongly encouraged to attend.

### Disclosure

In accordance with the Standards of the Wisconsin Medical Society, all those who are in a position to affect content of this CME activity are required to disclose financial relationships with any commercial interest(s) related to the subject matter of this activity

The speaker, activity director, and planning committee have no relevant financial relationships or conflicts of interest to disclose.

For questions about this program, please call (715) 847-2184 or email [cme@aspirus.org](mailto:cme@aspirus.org)