



PAVING® LEADERS TRAINING & CERTIFICATION

Eligibility: Designed for qualified healthcare professionals who are interested in implementing the PAVING® program in their practice.

Purpose: To provide a comprehensive understanding of the PAVING® program and its ability to help individuals attain a healthy body, peaceful mind, and joyful heart.

Instructional Approach: A blended learning model, integrating asynchronous content with direct mentorship from the PAVING® team. The requirements are completed and tracked online via Canvas.

Learning Outcomes: Healthcare professionals will acquire the skills for effective facilitation of lifestyle medicine group visits and learn to optimize delivery of the PAVING® program.

Certification Timeline: Requirements can be completed anytime within one year of starting the training program.

Program Components: Self-paced asynchronous resources (toolkit, workbook, videos, recorded PAVING® sessions) and live interactive components. These live elements consist of participation in PAVING® groups and scheduled mentorship meetings with the PAVING® team. Mentorship meeting times are generally flexible, depending on the leader's availability.

Julia Pangalangan, MS, DrPH
Director of Research and Training

JULIA.PANGALANGAN@cuanschultz.edu