

# RED NEWS

## A LOOK INSIDE THIS ISSUE:

1. Ethics Course Tuesday May 23rd 6-8pm
2. Research Moves Us May 1 - 31st
3. Ride with Linn / Yoga with Allison for Research Moves Us  
Saturday May 6: 8am  
Sunday May 7: 10:30am
4. RED District Meeting/ CSM Recap  
Tuesday May 9: 7:30pm-8:30pm

## CALENDAR

May 6 (8am): Ride with Linn

May 7 (10:30 am): Yoga with Allison (In Person/Virtual)

May 9th (7:30pm-8:30pm): RED Meeting / CSM Recap (Virtual)

May 23 (6-8pm): RED Ethics Course (Virtual)

August: SOCIAL - TBD!!

September/October: Elections

# ETHICS COURSE

Redwood Empire District is proud to host our biennial ethics course.

**TUESDAY MAY 23,  
2023 6PM - 8PM  
WEBCAST VIA ZOOM**

**Course Title: *Ethics in Practice: Doing What's Best and What's Right.***

**Presented by: Terry Nordstrom, PT, EdD, FAPTA**



**FREE for APTA Members  
\$20 for Non-Members  
0.2 CEUs Pending for PTs and PTAs**

**Register here:**

**[www.ccapta.org/page/RedwoodEmpireDistrict](http://www.ccapta.org/page/RedwoodEmpireDistrict)**



REDWOOD EMPIRE DISTRICT





# Research Moves Us!

**May 1 – 31st**

**What is it:** The CAL-PT-FUND awards up to \$20,000 each year for physical therapy research in California. Research is the backbone of the practice of physical therapy, and building an evidence-based knowledge base is the main mission of the FUND.

Research Moves Us is a fundraiser to benefit the CAL-PT-FUND and assist in funding research grants. This event encourages everyone to get up, get moving, and get donations. It's powered entirely by you!

**How Can I Participate:** Join us for Yoga on May 7 (next page) or Create Your Own Fundraising Page or Donate!

[Link to Team Page](#)

# Research Moves Us!

## CPTA Redwood Empire District Yoga Flow Class



**Sunday May 7th**  
**10:30 - 11:30**

The money raised through this event goes directly to physical therapy research grants in California. With your help, we can move physical therapy research forward!



Join in person at Liberty Fitness Boutique 1930 4th St Eureka CA 95501 or online via zoom.

### SIGN UP

<https://forms.gle/MUKtTtMHvgQCzpJa8>



# Research Moves Us!

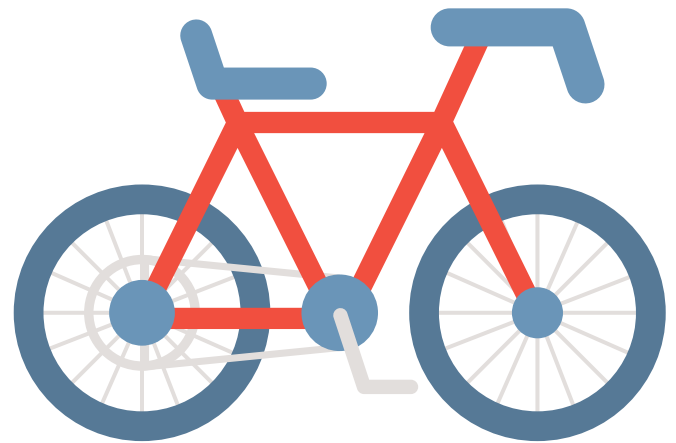
## Ride with Linn & North Bay Positive Peddlers and the Aids/Lifecycle Team



**Saturday May 6  
8am**

60-80 mile bike ride starting at  
the Windsor Green

Ride will have Sag Support,  
Route Sheets and is with a very  
safety-oriented group!



**Contact Linn Harding - our  
Chair at  
linnharding@gmail.com if  
you are interested**

# Join us for our Monthly Meeting & CSM Recap

**Tuesday, May 9 7:30-8:30 pm**

Join us for a 3-5 minute recap from each attendee of the presentations they attended at CSM! Interested in recapping? Email us at [redwoodempiredistrictcpta@gmail.com](mailto:redwoodempiredistrictcpta@gmail.com)

Redwood Empire District is inviting you to a scheduled Zoom meeting.

Topic: Redwood Empire District's Zoom Meetings

Join Zoom Meeting

[https://us02web.zoom.us/j/81502973649?](https://us02web.zoom.us/j/81502973649?pwd=TFd3c2NiOFIjV2dsY2lQV2VrRllXQT09)  
[pwd=TFd3c2NiOFIjV2dsY2lQV2VrRllXQT09](https://us02web.zoom.us/j/81502973649?pwd=TFd3c2NiOFIjV2dsY2lQV2VrRllXQT09)

Meeting ID: 815 0297 3649

Passcode: RED

# Interested in running for a position?

**These are the positions that are up  
for election this year  
(September/October)**

Secretary / Treasurer: 2 year term

Chief Representative: 2 year term

District Elected Delegate: 2 year  
term (pending)

Nominating Committee: 2 year term