



Pam Schmid

As a health and fitness professional since 1981, Pam uses her experience to inspire and motivate others, no matter what their circumstances, as a professional speaker, author, patient advocate, and wellness coach. Her own circumstances changed in 2011 when her cancer returned and she was diagnosed with metastatic breast cancer. Since then, Pam credits much of her quality of life with the tools she has gained through her work in the field of professional wellness coaching and positive psychology, as well as years of patient advocacy. She has been a faculty member since 2003, working as practical examiner, mentor, teaching faculty, consultant, workshop facilitator and keynote speaker. Her work with cancer survivors provided the first published research in the field of wellness coaching using the Wellcoaches® methodology. Pam's book, "101 Things You Should Know About Breast Cancer" was published this past year and is her story intermingled with facts, reviewed by national experts for accuracy. When purchased on her website, www.pamschmid.com, proceeds support donated copies to organizations and individuals.



Dr. Wesley Brown

Wes Brown, associate dean for external relations at Duke University Divinity School, is a United Methodist minister who served parishes in North Carolina for five years prior to his appointment to the Divinity School in 1981. He holds degrees from Methodist University (B.A. and honorary D.D.) and Duke Divinity School (M. Div.) Wes has served on the trustee boards for the Alban Institute in Washington, D.C. and the Methodist Home for Children, Raleigh, North Carolina, and as an occasional committee member with the Association of Theological Schools in the U.S. and Canada. He is married to Jane Gouldin Brown, a retired registered nurse, and they are the parents of two adult sons.



Dr. Ray Squires

Dr. Squires obtained his PhD in Exercise Physiology from The Pennsylvania State University in 1979. For the next 2 years he worked with Dr. Michael L. Pollock as the coordinator of cardiac rehabilitation at Mt. Sinai Medical Center in Milwaukee, Wisconsin. For the past 31 years, he has been a member of the Division of Cardiovascular Diseases at the Mayo Clinic in Rochester, Minnesota. He helped develop the preventive cardiology practice, including outpatient cardiac rehabilitation, at Mayo and for 22 years was Director of the Cardiovascular Health Clinic (CVHC.) He is currently Program Director, Cardiovascular Health & Rehabilitation, the cardiac rehabilitation program located in the CVHC. He is Professor of Medicine in the College of Medicine, Mayo Clinic. He is Associate Editor of the Journal of Cardiopulmonary Rehabilitation and Prevention.



Wenter Blair

As a Familial Hypercholesterolemia patient and parent of a child with FH, Wenter Blair fosters dynamic dialogue through public speaking in the United States and Europe while establishing liaisons between the scientific community and the FH patient community. Since her diagnosis three years ago, she has brought a focus on FH to print, Internet and television media outlets in the United States and has written a forward in a widely available booklet about families with FH. Wenter has also been called to serve on a FH Patient Advisory Board for a pharmaceutical company with global exposure. A Bachelors of Science in Emergency Administration/Disaster Planning prepared Wenter to serve in times of crisis and at the age of forty, that was exactly what she was facing with her first heart attack. With resilience, Wenter was able to turn her tragedy into a silver lining for her own family and others by leveraging her forte for service into a tallying cry for FH awareness. Her compassionate nature has lead her to multiple leadership positions in her community. This includes serving as the chairman of an annual fund raising gala that benefits 3000 families navigating a cancer diagnosis, creator of FHamily, Fhaith and FHriends and as a founding board member of the FH Foundation. Wenter hopes that her hallmark of serving others will be instrumental in advancing early diagnosis and treatment of Familial Hypercholesterolemia.



Mike Lippard

Mike is a proud Wake Forest University graduate where he received his Master of Arts degree in Health and Sport Science with a concentration in Cardiac Rehabilitation. An Exercise Physiologist by profession, he has been a cardiopulmonary rehabilitation program director for over 25 years. Mike is currently (20 years) Manager of the Health & Fitness Institute {HFI} at CMC-NorthEast. HFI is transitioning into a chronic disease management and medical fitness facility. In the NCCRA, Mike has served as President, President-Elect, Regional Vice President, and Chairman of the Research Committee. He currently serves on the J-11 MAC committee with Connie Paladenech. As a passionate volunteer, he serves on the board of Rowan Helping Ministries, as sponsor of the Greater Charlotte Mended Hearts chapter, and frequent speaker. The greatest accomplishments in his life are his marriage to wife Julie and being father to four adult children.



Dave Verrill

Dave Verrill, MS, RCEP, CES is Lecturer and Laboratory Director at the University of North Carolina at Charlotte, NC. He graduated from the University of Maine in 1979 with his B.S. and the University of South Carolina in 1982 with his M.S. He is a Fellow of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR.) Dave is also President of the Clinical Exercise Physiology Association (CEPA) and is past-president of the North Carolina Cardiopulmonary Rehabilitation Association (NCCRA.) Dave has worked in the field of exercise science for over 30 years and has written chapters for many recent ACSM certification textbooks. He has presented at many ACSM, AACVPR, and state cardiopulmonary rehabilitation association annual meetings with a focus on cardiopulmonary rehabilitation outcomes, body composition, resistive testing and training in cardiopulmonary populations, and licensure issues for clinical exercise physiologists. He has also published a number of research and review articles in journals such as *CHEST*, *Journal of Clinical Exercise Physiology*, *Sports Medicine*, and the *Journal of Cardiopulmonary Rehabilitation and Prevention*. Dave has received three NCCRA Distinguished Service awards. He currently lives in Stallings, NC with his wife Susie and children Thomas (10), Katie (12), and Christopher (15.)



Dr. Adam Goldstein

Dr. Adam O. Goldstein is a U.S. family medicine expert in primary care and a Professor of Family Medicine at the University of North Carolina (UNC) School of Medicine in Chapel Hill, North Carolina. Dr. Goldstein founded and directs the Tobacco Intervention Programs at UNC, and he is the founder and Co-Host of UNC Health Care's *Your Health*, a syndicated, weekly one hour radio show on health, healing, medical care and ethics

(www.yourhealthradio.org.) Dr. Goldstein founded and directs the UNC Tobacco Prevention and Evaluation Program (TPEP), as well as the Nicotine Dependence Program (NDP) at the UNC School of Medicine. Under Dr. Goldstein's leadership, TPEP and NDP conduct program interventions and research on smoking cessation, tobacco marketing and promotion, youth empowerment and tobacco prevention, state tobacco prevention media campaigns,

determinants of and outcomes of tobacco free legislation, use of epidemiology to inform public policy, state tobacco quitlines, tobacco-free campus policies on hospital, school and college campuses, and dissemination of model tobacco cessation outcomes for priority populations. Dr. Goldstein's work has resulted in over 150 published articles, essays, and book chapters, and he consults regularly for national tobacco control organizations.



Dr. Paula Miller

Paula Miller, MD is Medical Director of Cardiac Rehabilitation at UNC, where she also serves as Medical Director of the Women's Heart Program and Clinical Associate Professor of Medicine. Dr. Miller graduated from UNC School of Medicine, after which she served three years as a Captain in the US Air Force Medical Corps. Her recent research activities include VIRGO (Variation in Recovery: Role of Gender on Outcomes in Young AMI Patients) and the ENHANCED Study. Dr. Miller is an active supporter of the American Heart Association and has served as Chair of the Triangle Heart Ball and Captain of UNC's Heart Walk Team. She has translated her passion for prevention into an extensive program of health fairs to screen for cardiovascular risk, serving Chapel Hill-Carrboro teachers, local faith-based organizations, and UNC Health Care employees. Dr. Miller and her husband Steve are the proud parents of two grown sons. She sets a healthy example for her patients by swimming and walking several times a week.