

The North Carolina Cardiopulmonary Rehabilitation Association presents the

35TH ANNUAL NORTH CAROLINA CARDIOPULMONARY REHABILITATION SYMPOSIUM

Cardiopulmonary Rehabilitation -

At the Heart of the Matter

*William & Ida Friday Center
Chapel Hill, North Carolina*

*Thursday March 13th Opening
Keynote*

*The Heart of the Matter -
Healing Moves for Body,
Mind and Spirit*



Join Duke professor of cardiology **Dr. Mitchell W. Krucoff**, and yoga therapist **Carol Krucoff** for an exploration of integrative practices that may enhance heart health. Dr. Krucoff will share a cardiologist's and clinical researcher's view on understanding and integrating intangible human healing capacities into the high tech world of cardiovascular disease, with a focus on yoga disciplines. Carol Krucoff will discuss how yoga can be a powerful tool for cardiopulmonary patients and teach some simple yoga breathing and movement practices that anyone can do.

Mitchell W. Krucoff, MD, F.A.C.C., F.A.H.A., F.S.C.A.I., is Professor of Medicine/Cardiology and an Interventional Cardiologist at Duke University Medical Center, a Special Government Employee of the U.S. FDA, and Senior Executive Editor of the *Journal of Alternative and Complementary Medicine*.

Carol Krucoff, E-RYT, is a yoga therapist, fitness expert and award-winning journalist. Author of several books, she specializes in therapeutic applications of yoga for people with health challenges. Carol is also a cardiac rehab graduate, after having aortic valve replacement and an aneurysm repair in 2008 for a congenitally-abnormal heart valve.

*Friday March 14th
Closing Keynote*

*Opportunity Knocks -
Are You Listening?*



Jody Hereford, BSN, MS, MAACVPR is a Registered Nurse and Exercise Physiologist with a broad base of experience in the field of cardiopulmonary health, rehabilitation and management services and currently is the founder and principal in a consulting practice that provides education, expert resources and design work in the field of health management services. Ms. Hereford is a Past President and Master of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), was the inaugural Chair of their Disease Management Task Force, served on their Committee for Telemedicine/Telehealth, and is also past chair of the Education Committee. Her passion centers around creating health for all individuals where they live and work through effective patient engagement, health promotion and chronic care management strategies.

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CARDIOPULMONARY REHABILITATION - AT THE HEART OF THE MATTER

Symposium Faculty

Thursday, March 13

6:00-6:30 pm

Registration and light buffet

Carol Krucoff, E-RYT
Healing Moves
Durham, NC

6:30-8:00 pm

**The Heart of the Matter: Healing Moves
for Body, Mind and Spirit**

Carol Krucoff, E-RYT
Mitchell W. Krucoff, MD, F.A.C.C., F.A.H.A., F.S.C.A.I

8:00-9:30 pm

Mix-n-Mingle

Hors d'oeuvres, beverages - featuring live music by "Fescue 911"
Sponsored by LSI, Inc.

Mitchell W. Krucoff,
MD, F.A.C.C., F.A.H.A.,
F.S.C.A.I.

Duke University Medical Center
Durham, NC

Friday, March 14

7:00-8:00 am

Registration/Breakfast/Exhibits

8:00- 8:15 am

Welcome

Betty Matteson, MA, CES - NCCRA President-Elect

Jim Blumenthal, PhD
Duke University Medical Center
Durham, NC

8:15-9:15 am

***Enhanced* Stress Management**

Jim Blumenthal, PhD

John Buse, MD, PhD
UNC School of Medicine
Chapel Hill, NC

9:15-10:15 am

Diabetes Care: Creating Clarity in a Sea of Confusion

John Buse, MD, PhD, CDE

Jennifer Schwartz, MD
UNC School of Medicine
Chapel Hill, NC

10:15-10:35 am

Break/Exhibits (20 minutes)

10:35-11:35 am

Discipline Meetings:

Sponsored by UNC Health Care

Nursing - Lisa Warren, RN - Chair

Exercise - Jennifer Simmons, MA - Chair

Nutrition - Liz Watt, RD - Chair

Psychosocial - Sandra Freeman, MD - Chair

Pulmonary - Connie Paladenech, RT - Chair

Peadar Noone, MD
UNC School of Medicine
Chapel Hill, NC

11:35 am-12:35 pm

Electrophysiology Update

Jennifer Schwartz, MD

Connie Paladenech, RT
Wake Baptist Medical Center
Winston-Salem, NC

12:35-1:45 pm

Lunch/Business Meeting/Awards

Breakout Sessions:

1. Pulmonary

End Stage Lung Disease - Treatment Options

Peadar Noone, MD

Pulmonary Reimbursement/Legislative Update

Connie Paladenech, RT

2. Cardiac

NC Cardiac Rehab Referral Project

Mahesh Patel, MD

Mahesh Patel, MD
Duke University Medical Center
Durham NC

1:45-2:45 pm

Understanding and Recognizing Eating Disorder Behavior

T.J. Raney, PhD

T.J. Raney, PhD
UNC School of Medicine
Chapel Hill, NC

2:45-3:45 pm

Break/Exhibits (15 minutes)

Opportunity Knocks: Are You Listening?

Jody Hereford, BSN, MS, MAACVPR

Sponsored by Health Diagnostics Laboratories, Inc.

Jody Hereford, BSN, MS,
MAACVPR
Hereford Consulting Group
Boulder, CO

3:45-4:00 pm

4:00-5:00 pm

5:00-5:30 pm

Closing remarks, attendance certificates

CARDIOPULMONARY REHABILITATION - AT THE HEART OF THE MATTER



General Information

Target Audience

Exercise physiologists, registered nurses, physicians, dietitians, respiratory therapists, mental health professionals, physical therapists, vocational rehabilitation counselors, students, and other healthcare professionals interested in cardiopulmonary rehabilitation.

Registration Information

Fees:

\$20.00 Pre-symposium only
\$140.00 NCCRA members
\$190.00 Non-members (includes membership fee)
\$50.00 Full time students

Cancellation Policy

Participants who are registered and cancel between 2 weeks and up to 48 hours prior to the program will receive a 70% refund. No refund if cancels less than 48 hours prior to event. Substitutes are welcome. Cancellations **must** be in writing. (fax, mail, or email).

Continuing Education Credit

AARC Contact Hours:

Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours.

ADA:

Application has been made to the American Dietetic Association (ADA) for the award of continuing education hours.

CEU:

The Friday Center for Continuing Education has approved this continuing educational activity for 8.5 hours of continuing education credit.

HANDOUTS:

Presentation handouts will be posted on the NCCRA website as soon as they are provided by speakers. Copies of handouts will not be provided at the Symposium.

Registration

First Name _____ MI _____ Last Name _____

Last 4 digits of SS# _____ (Required) Credentials _____

Employer _____ Employer County _____

Position _____ Department _____

Address (Home Work) _____

City _____ State _____ Zip Code _____

(____) _____
Work Phone Number Home Phone Number

(____) _____
Fax Number Email Address

Registration Fees

Pre-Symposium/Opening Keynote Only

\$20.00

Symposium Registration (Includes Pre-symposium Opening Keynote Thursday evening)

\$140.00 NCCRA members

\$190.00 Non-members (includes membership fee)

\$50.00 Full time students

\$_____ Total Amount Enclosed

Payment Options:

Check Enclosed

Check or cash will be presented at registration (please send registration form in advance)

(Make checks payable to NCCRA)

We regret that we are unable to accept credit cards, debit cards, or Paypal.

Mail Form and Payment to:

NCCRA

P O BOX 6054

Hickory NC 28603-6054

or

Fax form: (919) 843-2191 or Email: bdeboo57@gmail.com

IMPORTANT!!

The Friday Center now requires that all vehicles display a parking pass. There is no additional charge for parking. The parking pass is included on the last page of this brochure.

Please print the pass and bring it to the Symposium. Black and white copies are OK. It must be displayed on the dash of your car in the Friday Center parking lot. Copies of this pass will not be available at registration!



Directions to the Friday Center

The Friday Center is located at 100 Friday Center Drive, Chapel Hill, NC 27517, approximately three miles east of the UNC-Chapel Hill campus, just off Highway 54 East (Raleigh Road). The Center is a short distance from Interstate 40 (from Raleigh, I-40 exit 273A; from Greensboro, I-40 exit 273).

From Winston-Salem, Greensboro, and points West:

Take I-40 East to Exit 273 (Hwy 54 West/Chapel Hill). Turn right at top of ramp. Proceed to the fifth stoplight, turn left onto Friday Center Drive (approximately two miles), and take the second right into the Friday Center parking area. Guest parking is on the left; the Friday Center is on the right.

From Charlotte:

Take I-85 North to Greensboro (I-85 and I-40 intersect in Greensboro) and follow the directions from Greensboro above.

From Raleigh:

Take I-40 to Exit 273A (Hwy 54 West/Chapel Hill). Proceed to the fifth stoplight, turn left onto Friday Center Drive (approximately two miles), and take the second right into the Friday Center parking area. Guest parking is on the left; the Friday Center is on the right.

From points south of Chapel Hill, arriving on Hwy 15-501 North:

Take the 15-501/54 East bypass as you approach Chapel Hill. Take the Hwy 54 East exit (approximately two miles) toward Raleigh. Proceed to the fifth stoplight, turn right onto Friday Center Drive, and take the second right into the Friday Center parking area. Guest parking is on the left; the Friday Center is on the right.

Hotel Accommodations

Courtyard by Marriott Chapel Hill (located next to Friday Center)

100 Marriott Way, Chapel Hill, NC

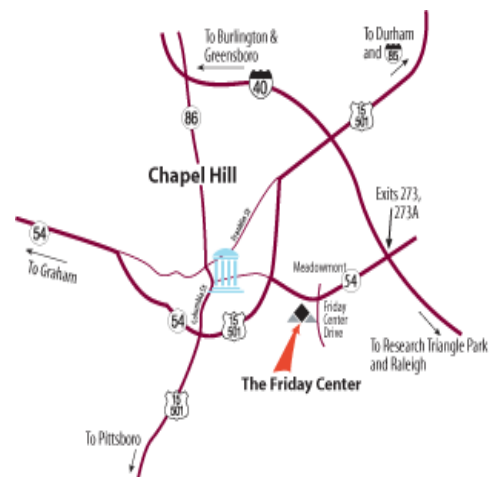
Room rates \$112.00 for 2 queens or 1 king (can be shared to reduce cost). Reservations received after Monday, February 26, 2014 will be provided on a space available basis at prevailing rates.

Reservations: Contact hotel directly at 1-919-883-0700

Toll Free at 1-800-321-2211

Be sure to refer to: **NCCRA Symposium 2014** when calling.

Website: www.marriott.com/RDUCH



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UNC Friday Center — 100 Friday Center Drive, Chapel Hill, NC

VISITING

NCCRA SYMPOSIUM

EXPIRES

Fri Mar14 5:00pm



Pass Number: **PXDY09D**

Valid **3/13/2014 8:00am** until **3/14/2014 5:00pm**

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This pass is valid only for the location, dates, and times listed. Altering pass or failure to observe parking rules may result a fine, suspension of parking privileges, or towing without warning at vehicle owner's expense. Property owner(s) or management are not responsible for loss of, or damage to, vehicle or contents.



UNC Friday Center
100 Friday Center Drive
Chapel Hill, NC 27599

