



37th Annual NCCRA Symposium
Leading In The Midst of Change

William & Ida Friday Center
Chapel Hill, North Carolina

Take the CCRP Exam At The 2016 Symposium!



The AACVPR Certified Cardiac Rehabilitation Professional certification is the first interdisciplinary certification for cardiac rehabilitation professionals.

Date: March 3, 2016

Time: 1pm

Cost: : \$359* (\$299 for AACVPR members)

Location: Dogwood AB Room

***The NCCRA is offering \$100 off for the first 10 candidates.**



Friday, March 4th

7:00—8:00am **Registration/Breakfast/Exhibits (Refreshments Sponsored by Scottcare)**

8:00—8:15am **Welcome**

Ash Walker MA, RCEP, FAACVPR, NCCRA President Room: Grumman

Marlene Sigler Memorial Lecture

8:15—9:00am **Current Guidelines for Blood Pressure & Lipid Management**

Sidney Smith Jr., MD, FACC, FAHA, FESC Room: Grumman

9:00—9:15am **Break (Refreshments Sponsored by Scottcare)**

9:15-10:15am **Using Coaching Skills to Support Patient Autonomy & Motivation**

Ruth Q. Wolever, PhD Room: Grumman

10:15-10:30am **Break (Refreshments Sponsored by Scottcare)**

10:30-11:45pm **Wrestling With Change: Ensuring Your Program Is a Champion!**

Ash Walker MA, RCEP, FAACVPR, NCCRA President Room: Grumman

11:45-12:45pm **Lunch (Lunch Sponsored by LSI) Room: Trillium A**

12:45—1:45pm **Discipline Meetings**

Nursing— Lisa Warren, RN—Chair Room: Grumman

Exercise— Jennifer Simmons, MA—Chair Room: Mtn Laurel

Nutrition— Judy Hinderliter, RD—Chair Room: Azalea

Psychosocial— Sandra Freeman, MD— Chair Room: Dogwood A

Pulmonary— Connie Paladenech, RT— Chair Room: Dogwood B

1:45—2:00pm **Break (Refreshments Sponsored by Scottcare)**

2:00—3:00pm **Breakout Sessions**

1. **Update In Diabetes Management & Supporting Nutritional Change**

Doris Wellborn, RD, MA, CDE Room: Azalea

2. **Stress & Disease Connection—Practical Tips for Your Patients**

Mary Hall, PhD Room: Dogwood A w/ projector

3. **The Role of Pulmonary Rehab in The Management of Pulmonary**

Hypertension Hubert Ford, MD Room: Dogwood B

4. **Exercise Rx for PM and ICD Patients**

Francis Gilliam, MD Room: Grumman

3:00—3:15pm **Break**

3:15—4:15pm **Percutaneous Treatment of Valve Disease in The Frail Elderly Patient**

Mauricio Cohen, MD, FACC Room: Grumman

4:15—4:30pm **Inspirational Take Away**

Ash Walker MA, RCEP, FAACVPR, NCCRA President Room: Grumman



37th Annual NCCRA Symposium Registration Form

First Name _____ MI _____ Last Name _____
Date of Birth _____ (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/Thursday Evening Opening Only

\$40.00

Symposium Registration (Includes Pre-symposium On Thursday evening)

\$190.00 37th NCCRA Symposium & 1 Year NCCRA Membership

\$50.00 Full time students (includes 1 Year Membership)

\$ _____ Total Amount Enclosed

Payment Options:

Register/Pay on NCCRA website (www.nccraonline.org)

Check Enclosed

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

(Make checks payable to NCCRA)

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

NCCRA

NCCRA Board of Directors

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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).

Hotel Accommodations

Courtyard by Marriott Chapel Hill (located next to Friday Center)
100 Marriott Way, Chapel Hill, NC

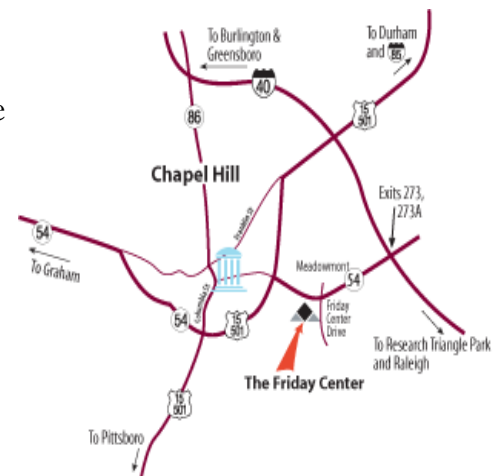
Room rates \$129.00 for 2 queens or 1 king (can be shared to reduce cost).

Reservations received after **Monday, February 11 2016** 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 2016** when calling.

Website: www.marriott.com/RDUCH



Aloft Chapel Hill

1001 S Hamilton Rd
Chapel Hill, NC, 27517
919-442-2773

Room rates \$109 per night

Reservations must be made for this hotel **February 5, 2016**.

Reference NCCRA 2016 when booking your room

FOLD AND PLACE THIS SIDE UP ON DASH

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

VISITING NCCRA SYMPOSIUM

EXPIRES Fri Mar04 5:00pm

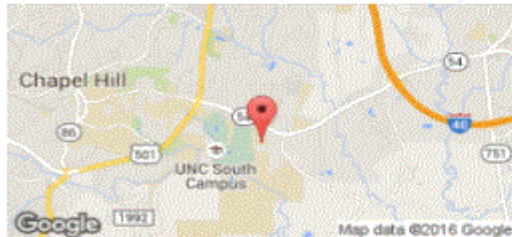
Pass Number: PXE4GV4

Valid 3/3/2016 8:00am - 3/4/2016 5:00pm



FOLD AND PLACE THIS SIDE UP ON DASH

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



IMPORTANT!!

The Friday Center now requires that all vehicles display a parking pass. There is no additional charge for parking.

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!

General Information:

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.

AND: Application has been made to the Academy of Nutrition and Dietetics (AND) for the award of continuing education hours.

CEU: The Friday Center for Continuing Education has approved this continuing educational activity. The exact number (approximately 7 CEU's) will be determined at the event.