39th Annual
North Carolina Cardiopulmonary Rehabilitation Symposium

Evidence-based Knowledge
For Today’s Practitioner

March 22nd and 23rd, 2018

William & Ida Friday Center
100 Friday Center Drive
Chapel Hill, North Carolina

Go to NCCRAonline.org to register for the 2018 Symposium
http://nccraonline.org/
2018 NCCRA Symposium Agenda

Thursday, March 22, 2018

6:00-6:30pm  Registration  
Atrium Center

6:30-7:30  Yoga for the Heart and Lungs  
Trillium  
Research and practical session. Dress comfortably and bring a mat to participate in floor or chair yoga session.

Cinnamon LeBlanc, CPT, E-RYT, CES

7:30-8:30  Interactive Mentoring Session—Past President Panel  
Heavy h’ordeuvres, soft drinks, beer, wine

Friday, March 23rd, 2018

7:00-8:00am  Registration, Breakfast, and Exhibits  
Breakfast Sponsored by ScottCare  
Atrium Center

8:00-8:15  Welcome—Mike Dunlap NCCRA President  
Grumman  
Marlene Sigler Memorial Lecture

8:15-9:15  Supervised Exercise Therapy for Patients with Peripheral Artery Disease  
Grumman  
Carl King, EdD, MAACVPR

9:15-10:15  Beyond the Device: Comprehensive Care of Implantable Cardioverter Defibrillator Patients  
Grumman  
Dr. Samuel Sears, PhD

10:15-10:30  Break  

10:30-11:30  Motivational Interviewing/Coaching for Smoking Cessation  
Grumman  
Dr. Paul Toriello, Rh.D,

Go to NCCRAonline.org to register for the 2018 Symposium  
http://nccraonline.org/
2018 NCCRA Symposium Agenda-cont

Friday, March 23rd, 2018

11:30-12:30 Lunch and NCCRA Update  
Lunch Sponsored by LSI  
Trillium A Room

12:30-1:30 Discipline Meetings  
Nursing Lisa Warren, RN Chair  
Exercise Angela Lanier, MS, Chair  
Nutrition Judy Hinderliter, RDN Chair  
Psychosocial Sandra Freeman, MD Chair  
Pulmonary Connie Paladenech, RT Chair  
Grumman  
Dogwood A & B  
Azalea  
Jessamine  
Mtn. Laurel

1:30-1:45 Break

Breakout Sessions

1:45-2:45 AACVPR Program Certification–Keys to Success  
Grumman

Bob Brown, MPH, MBA, FMFA, FAACVPR  
Nutrition in Pulmonary Rehabilitation  
Windflower

Ellen Aberegg, MA, LD, RD

2:45-3:00 Break

Breakout sessions

3:00-4:00 An Exploration of the Impact of the “Open Gym” Scheduling Model of Cardiopulmonary Rehabilitation on Completion, Attendance, and Health Outcomes  
Grumman

Matthew Whitted, Ph.D

Everything You Always Wanted to Know About the 6 Minute Walk But Were Afraid to Ask  
Windflower

Dave Verrill, MS, RCEP, CCEP, CCRP, FAACVPR

4:00-4:50 Promote like a Champion: Simple Strategies to Maximize Cardiopulmonary Advertising and Marketing  
Grumman

Ash Walker, MA, ACSM-RCEP, FAACVPR

4:50-4:55 Closing Remarks –Betsy Young 2018 NCCRA President

Go to NCCRAonline.org to register for the 2018 Symposium  
http://nccraonline.org/
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 (Next to Friday Center)
100 Marriott Way, Chapel Hill, NC
Room Rates: $134.00 for 2 queens or 1 king
**Ask for 39th Annual NCCRA Symposium 2018 rate valid until February 20th**

Aloft Chapel Hill
1001 Hamilton Rd, Chapel Hill, NC
Room Rates: $119.00 for 2 queens or 1 king
**Ask for NCCRA Symposium 2018 rate valid until February 20th**

Thank you to our Sponsors
Parking Pass Information

NCCRAonline.org will post the parking pass prior to the symposium. Please check the website.

Thank you. We are looking forward to seeing you March 22-23!

Hotel Reservation Information

URL for hotel reservation links will be posted on NCCRAonline.org website and on North Carolina Cardiopulmonary Rehabilitation Association Facebook site

AARC Contact Hours: Application has been made to the American Association for Respiratory Care for continuing education contact hours.

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

CEU: AACVPR has approved this continuing educational activity for up to 8.5 hours of continuing education credit.

CANCELLATION POLICY

Participants who are registered and cancel in writing (fax, mail, or email) between 2 weeks and up to 48 hours prior to the program will received a 70% refund. No refund will be given if less than 48 hours. Substitutions are welcomed.

Go to NCCRAonline.org to register for the 2018 Symposium
http://nccraonline.org/