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| **Meeting Location:**  Heart Strides Cardiac Rehabilitation |  |
| High Point Regional Health Center |  |
| 601 N. Elm Street  High Point, NC 27262 |  |

**From Reidsville and Northern NC**                     

1. Take US 29 South toward Greensboro.
2. Take the exit for I-40W/I-85S.
3. Merge onto 40/85.
4. At the 40/85 split, take I-85 South (High Point)
5. Follow I-85 South to the exit for Business 85 South. Take this exit and merge unto Business 85 South.
6. Follow Business 85 to the exit for Kivett Drive.
7. Take the Kivett Drive exit and at the top of the exit ramp turn Right onto Kivett Drive.
8. Follow Kivett Drive through a series of stoplights.
9. Kivett Drive will become a four-lane road and you will go through the intersection for College Drive.
10. Continue on Kivett into downtown High Point.
11. At the intersection of Kivett Drive and Main Street (Route 311), turn Right onto Main Street.
12. At the intersection of Main Street and Westwood Ave, turn Left onto Westwood Ave.
13. The next stoplight is Elm Street. You can now see the Hospital on your right.
14. For Patient and Visitor parking, continue through the light at Elm Street and turn right into the Health System's campus. The Patient and Visitor parking deck will be on your left.  
      
    **From Charlotte and Southern NC**
15. Take I-85 North towards Greensboro.
16. Take the exit for Route 311 (High Point). At the top of the exit ramp, turn left onto 311.
17. Follow Route 311 through Southern High Point toward downtown High Point. You will go under the overpass for Business 85. Continue toward downtown High Point.
18. You will go through intersections for Green Street, Kivett Drive and others.
19. At the intersection for Westwood Avenue, turn left onto Westwood.
20. The next stoplight is Elm Street. You can now see the Hospital on your right.
21. For Patient and Visitor parking, continue through the light at Elm Street and turn right into the health System's campus. The Patient and Visitor parking deck will be on your left.

**From Raleigh and Eastern NC**                    

Take 1-40/85 into Greensboro.

1. At the 40/85 split, take I-85 South (High Point).
2. Follow I-85 South to the exit for Business 85 South. Take this exit and merge onto Business 85 South.
3. Follow Business 85 to the exit for Kivett Drive.
4. Take the Kivett Drive exit and at the top of the exit ramp turn right unto Kivett Drive.
5. Follow Kivett Drive through a series of stoplights.
6. Kivett Drive will become a four-lane road and you will go through the intersection for College Drive.
7. Continue on Kivett into downtown High Point.
8. At the intersection of Kivett Drive and Main Street (Route 311), turn right onto Main Street.
9. At the intersection of Main Street and Westwood Ave., turn left onto Westwood Ave.
10. The next stoplight is Elm Street. You can now see the Hospital on your right.
11. For Patient and Visitor parking, continue through the light at Elm Street and turn right into the Health System's campus. The patient and Visitor parking deck will be on your left.

**From Winston-Salem and Western NC**                     

1. Take I-40 East through Winston-Salem.
2. Take the exit for Route 311 (High Point).
3. Follow 311 for approximately 10 miles until the exit for Business 311 (Main Street).
4. Continue on Main Street through a series of stoplights.
5. You will pass a Wal-Mart and go through the intersections at Eastchester Drive. and Lexington Ave.
6. After several more stoplights you will come to the intersection at Westwood Ave.
7. Turn right onto Westwood.
8. The next stoplight is Elm Street. You can now see the Hospital on your right.
9. For patient and visitor parking, continue through the light at Elm Street and turn right into the Health system's campus. The Patient and Visitor Parking deck will be on your left.

**North Carolina Cardiopulmonary Rehabilitation Association**

**Pulmonary Discipline Meeting**

**High Point Regional Health Center**

**601 N. Elm Street**

**High Point, NC 27262**

**Heart Strides Cardiac and Pulmonary Rehabilitation**

**July 31, 2018 9:30 AM – 1:00 PM**

**AGENDA**

**Facilitators: Stacey Greenway** **MA, FAACVPR, CCRP, Connie Paladenech, RRT, RCP, FAARC**

1. Outcome Measures for Pulmonary Rehabilitation
   1. Significance of measurements
   2. Group discussion
2. Role of Pulmonary Rehabilitation in Minimizing Readmissions – Best Practices
   1. Group Discussion