



North Carolina Cardiopulmonary Rehabilitation Association (NCCRA) Piedmont Region Meeting-Fall 2022

Friday October 21st, 2022

Medical Park of Cary

210 Ashville Avenue, Cary, NC, 27518

1st Floor, Conference Rooms 1 & 2

Registration and light breakfast 8:30 am

Presentations 9:00 am-3:00 pm

Hosted by:

WakeMed Health and Hospitals

Sponsored by:

LSI-Jennifer Broome

ScottCare Cardiovascular Solutions-Jim Laite

Time	Topics	Presenters
9:15 am-10:15 am	Pulmonary Rehab and Considerations in the Post-COVID Population	Naomi Bauer PT, DPT, CCS Tiffany Champion PT, DPT
10:15 am-11:15 am	The WakeMed ERAS Journey: What is ERAS Anyway?	Gina McConnell BSN, RN, CCRN
11:15 am-11:30 am	Break	
11:30 am-12:30 pm	Nutrition and Heart Health: What Should You Eat?	Judith Hinderliter MPH, RDN, LDN, CPT
12:30 pm-1:00 pm	Lunch	
1:00 pm-2:00 pm	Heart Failure and Exercise	Stuart Russell, MD
2:00 pm-3:00 pm	S.T.O.P. in the Name of Stress: Mindful Stress Management	Tina Morris Anderson BA, MA, MBA

Breakfast and lunch will be provided with advance registration by October 14, 2022.

Please RSVP to Amy Birling at abirling@wakemed.org.

This meeting is a free educational opportunity provided by the North Carolina Cardiopulmonary Rehabilitation Association.

Five continuing education credits will be applied for through the American Association of Cardiovascular and Pulmonary Rehabilitation.

Masks are required for this event.