



North Carolina Cardiopulmonary Rehabilitation Association (NCCRA)

Mountain Region Meeting



Thursday November 16th, 2023

Heart Path Cardiac Rehabilitation

Asheville Cardiology Associates

5 Vanderbilt Park Dr. - Asheville, NC 28803

Please RSVP to Joel Tipton at joel.tipton@adventhealth.com

Time	Topics	Presenter
9:30 – 9:50	Registration & Light Breakfast provided by Pritikin Intensive Cardiac Rehab	Pritikin – Kathryn Seigel
9:50 – 10:00	Welcome & Announcements	Joel Tipton – NCCRA Mountain Region Vice President
10:00 – 10:45	Saving Lives One Puff at a Time	Renee Whitmire, BSN, RN, CHC
10:45 – 11:30	Pulmonary Rehab and Lung Transplant	Kelly Watson, BSN, RN, CCTC
11:30 – 12:30	What a Senior Center Can Do For You	Kim Crawford & Reesa Boyce
12:30 – 1:00	Lunch provided by LSI	LSI – Hannah Meyer
1:00 – 2:00	Prevent and Reverse Heart Disease	Dr. Brian Asbill, MD, FACC
2:00 – 2:45	Practical Ways to Help Patients Overcome Nutritional Barriers	Kelly Malone, MA, RD, LDN
2:45 – 3:30	What Are Today's Problems and Solutions in Cardiac and Pulmonary Rehab? Survey Review & Open Discussion	Amanda Pack and Joel Tipton
3:30	Prize Drawings	

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

Continuing education credits (5) have been applied for through the *American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)*.