

**North Carolina Cardiopulmonary Rehabilitation Association (NCCRA)**

**Mountain Region Meeting**



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**Thursday January 30th, 2025**

**Heart Path Cardiac Rehabilitation**

Asheville Cardiology Associates

**5 Vanderbilt Park Dr. - Asheville, NC 28803**

**Please RSVP to Joel Tipton at** [**joel.tipton@adventhealth.com**](mailto:joel.tipton@adventhealth.com) **by January 15th**

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| Time | Topics | Presenter |
| 8:30 – 9:00 | Registration & Light Breakfast provided by  Pritikin Intensive Cardiac Rehab | Thanks to Pritikin ICR |
| 9:00 – 9:30 | Welcome & Announcements | Joel Tipton – NCCRA |
| 9:30 – 10:30 | Stress Less, Thrive More | Robyn Tiger, MD, DipABLM |
| 10:30 – 11:30 | Medication Updates Relative to  Cardiac and Pulmonary Rehab | Elizabeth Ramsaur, PharmD, BCAPC, CPP |
| 11:30 – 12:30 | Landscape of Virtual Pulmonary Rehabilitation: The Known and the Unknown | Connie Paladenech, RRT, RCP, FAARC, MAACVPR |
| 12:30 – 1:15 | Lunch provided by LSI | Thanks to LSI |
| 1:15 – 2:00 | To Puff or Not to Puff –  Solving the Mystery of Home Oxygen | Renee Whitmire, BSN, RN, CHC |
| 2:00 – 2:30 | Post Rehab Exercise Maintenance  and at Home Solutions | Amy Sheldon, MS, EP |
| 2:30 – 3:15 | Nutrition Myths, Facts, and Reality | Megan Greathouse, RD, LDN, CDCES  Kelly Malone, MA, RD, LDN |
| 3:15 – 3:45 | NC Mountain Region Cardiac and Pulmonary Rehab Issues and Solutions for 2025 | Patrick Hickey, MS, AACVPR-CCRP, ACSM-CEP  Joel Tipton, AACVPR-CCRP, ACSM-CEP, RCEP |
| 3:45 | Prize Drawings |  |

This meeting is a **free** educational opportunity provided by the

*North Carolina Cardiopulmonary Rehabilitation Association* (NCCRA).

Continuing education credits (5.5) have been applied for through the

*American Association of Cardiovascular and Pulmonary Rehabilitation* (AACVPR).