

April 4th, 2025

NORTH CAROLINA CARDIOPULMONARY REHABILITATION ASSOCIATION

Standards for Quality Cardiopulmonary Rehabilitation Programs Statewide



45th Annual NCCRA Symposium

**Empowering Recovery and Elevating Care
in Cardiac and Pulmonary Rehabilitation**

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



2025 NCCRA Symposium Agenda

Thursday, April 3rd

6:30-8:30 pm NCCRA Member Social (MUST RSVP) ALOFT

Friday, April 4th

7:15 am-8:00 am Registration, Breakfast, and Exhibits *Atrium Center*

8:00 am-8:05 am Welcome-Jeffrey Soukup, NCCRA President

8:05 am-9:15 am **Marlene Sigler Memorial Lecture**
Bo Dean *Redbud*

9:15 am-10:15 am **Identifying and Addressing Opportunities to Increase Cardiac Rehab Participation in North Carolina**
Haley Stolp, MPH *Redbud*

10:15 am-10:30 am Break, Exhibits, and Vendor Displays *Atrium Center*

10:30 am-11:30 am **Exercise Testing and Prescription: Keeping Pace with the Science**
Laura Richardson, PhD, ACSM-CEP, FACSM, FCEPA *Redbud*

11:30 am-12:30 pm **Health Effects of Air Pollution in At-Risk Populations: The Relevance to Cardiac & Pulmonary Rehabilitation**
Wayne Cascio, MD, FACC *Redbud*

12:30 pm-1:30 pm Lunch

1:30 pm-2:30 pm **Discipline Meetings**
Exercise Physiology—Addie Critcher, Chair *Sunflower*
Psychosocial/Mental Health—Matthew Whited, Chair *Windflower*
Nutrition—Judith Hinderlither, Chair *Mountain Laurel*
Nursing—Laurie Tester, Chair *Redbud*
Pulmonary/Respiratory—Connie Palladenech, Chair *Bellflower*

2:30pm-2:45 pm	Break, Exhibits, & Vendor Displays Last chance to complete passports for the drawings!	<i>Atrium Center</i>
2:45 pm-3:45 pm	Thriving Through Change: Lessons Learned from Thriving Patients and Healthcare Professionals <i>Wayne Sotile, PhD</i>	<i>Redbud</i>
3:45 pm-4:45 pm	Breakout Sessions Tip of the ICEBURG: There is a REVOLUTION in PREVENTIVE CARDIOLOGY <i>Thomas Stuckey, MD, FACC</i>	<i>Sunflower</i>
	Physical Rehabilitation for Patients with Long COVID <i>Stephen Bailey, PhD</i>	<i>Redbud</i>
4:45 pm-5:00 pm	Closing Remarks-Amy Birling, 2025 NCCRA President	<i>Redbud</i>

CECs will be applied for through the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

Registration: Please register online (under Events) at nccraonline.org

Symposium Cost: Members \$140 Non-Members \$250

**Members must log in to receive the discounted ticket price of \$140.
Discount will be applied at checkout.**

**NCCRA
PO Box 6054
Hickory, NC 28603**

Payment (cash or check) can be received at the registration table at the Symposium.

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

[Aloft Reservation Link](#)

Aloft Chapel Hill for 135.00 USD per night - Last Day to Book : Tuesday, March 04, 2025

Desk: 919.442.2773 Text: 919.391.7969

Location: 1001 South Hamilton Rd. Chapel Hill, NC 27517

[Courtyard Reservation Link](#)

Courtyard Chapel Hill for 169.00 USD per night - Last Day to Book : Tuesday, March 04, 2025

ReservationCounter.com: 833-372-7422

Location: 100 Marriott Way Chapel Hill, North Carolina, USA, 27517

IMPORTANT!

The Friday Center requires all vehicles to display a parking pass on the dash.
Please print this pass and place it on the dash of your car
in the Friday Center parking lot.

Please Note: Copies of this pass will NOT be available at registration!

FOLD AND DISPLAY THIS SIDE UP ON DASHBOARD

VISITING

FCC RES 6215

UNC Friday Center — 100 Friday Center Drive, Chapel Hill, NC

EXPIRES

Fri Apr04 2025 6:00pm

Valid 4/4/2025 6:00am - 4/4/2025 6:00pm



To validate scan or go to:

parkingattendant.com/validate

Pass number:

263 25690



UNC Friday Center — 100 Friday Center Drive, Chapel Hill, NC 27599

NCCRA Symposium

