



NCCRA

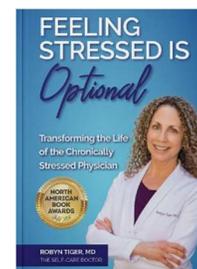
Henry Miller and Paul Ribisl 46th Annual Symposium

Meet our speakers: (many will be attending our social event on April 16th 6:30pm-8:30pm)



Dr. Robyn Tiger, MD, FACLM, DipABLM is a double board-certified physician in Diagnostic Radiology and Lifestyle Medicine, a fellow of American College of Lifestyle Medicine, and a trauma-informed mind-body expert. As founder of the wellness practice, StressFreeMD, she uniquely combines her training in medicine, yoga therapy, meditation & life coaching to teach others a whole person approach to relieve stress while increasing both lifespan and healthspan. As “The Self-Care Doctor”, her innovative coaching, courses, presentations, retreats, podcast and award-winning book focus on creating effective behavior changes in the key topics of stress relief, nutrition, exercise, sleep, social connection, escapes and nature while cultivating physical, mental, and emotional well-being and resilience.

Dr. Tiger is the author of Feeling Stressed is Optional, a unique multimodal interactive book which combines engaging content, videos and worksheets for the most effective transformative experience. She whole-heartedly believes “age is not a cage” and is deeply passionate about successfully guiding others to become the best versions of themselves and live their healthiest, happiest, most fulfilling lives!



Betsy Hart, MS, ACSM-CEP, CCRP, CDCES, FAACVPR is a Doctoral Student UIC - DCEP, MacNeal Cardiopulmonary Rehab Program Supervisor, AACVPR Conference Speaker, Educator, Chair-AACVPR MARC Committee, Course Director CCRP Certification, Imm-Past-President ISCHR, and Fellow of AACVPR. Betsy’s presentation at the most recent AACVPR Annual Meeting in Florida was considered by many attendees as one of the best parts of that conference. Attendees boasted that the information Betsy presented could be used and implemented very quickly and relatively easily into most cardiac and pulmonary rehab programs. Betsy has been asked to present at MANY state affiliate conferences this year. The NCCRA board is very glad Betsy is able to share her enthusiasm and expertise with all of us here in North Carolina this year!!!



Dr. Jacob Klapper, MD, FACS, M-Res, is an Associate Professor of Thoracic Surgery at Duke University and the Surgical Director of the Duke Lung Transplant Program. Dr. Klapper’s research interests are focused on examining outcomes from the decades of experience with lung transplantation at Duke University. Dr. Klapper’s goals are to use the unparalleled experience at Duke to provide new insights toward improved patient outcomes in both the short and long term.

Cassie McGuirk, PT, DPT, CCS is a physical therapist at Duke Cardiopulmonary Rehabilitation, a mentor for the Duke CVP PT residency program, a TA for both Duke and UNC’s DPT programs, and a board certified Cardiovascular and Pulmonary Clinical Specialist.

Jennifer Spivey, RN, BSN is the Transplant Coordinator at the Duke Lung Transplant Center.



Colin Cowne, M.Ed., is a Learning and Development Consultant at Cone Health in Greensboro. Colin is a Certified Leadership Coach with 10+ years creating and delivering innovative programming in healthcare, corporate, and higher education settings including a top-to-bottom redesign of leadership curriculum for every management position at an 8,000+ employee company. Colin has a strong belief and message toward “Bringing humanity back to the workforce and Leadership.” Colin’s presentation at our NCCRA Piedmont Regional Meeting in 2025 was very well received and highly recommended by attendees there. The NCCRA board is very excited that Colin can share his enthusiasm and expertise with all our members throughout North Carolina at our Annual Symposium!!!



Dr. Daisy Zamora, Ph.D is a UNC School of Medicine researcher who contributed to the scientific evidence review for the new **2025–2030 Dietary Guidelines for Americans (DGA)** just published by the U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA). Dr. Zamora is an associate professor in the Department of Physical Medicine and Rehabilitation at the UNC School of Medicine who served on the scientific team that reviewed and synthesized research on diet and health. The new **2025–2030 Dietary Guidelines for Americans (DGA)** reflects an evidence-based review of nutrition research examining relationships between dietary patterns and health. Dr. Zamora’s work focused on carefully examining and summarizing casual evidence from current research on the health effects of saturated fat intake and risk of coronary heart disease. The NCCRA board is very excited Dr. Zamora is able to present this very newsworthy and important information that our patients and colleagues are undoubtedly seeing across all news/media sources.



Alberta Wallace, MSW/M.Div./D.Min. is a Social Worker and Group Facilitator at Novant Health New Hanover Regional Medical Center where she works with both the Traditional Cardiopulmonary Rehabilitation and Intensive Cardiac Rehab - Ornish Lifestyle Medicine Programs. Alberta has more than 30 years’ experience as a Social Worker working in hospitals and outpatient clinics multi-disciplinary healthcare teams. Alberta’s presentation at our NCCRA Coastal Regional Meeting in 2025 was very well received and highly recommended by attendees there. The NCCRA board is excited that Alberta can now share her enthusiasm and expertise with all our members throughout North Carolina at our Annual Symposium!!!



Ash Walker Ash Walker, DHSc., MA, FAACVPR, FCEPA is an Assistant Professor of Kinesiology at UNC-Pembroke, Registered Clinical Exercise Physiologist, Past President of AACVPR, Past President of NCCRA, and current Treasurer for ACSM-CEPA (Clinical Exercise Physiology Association). Ash is an educator, clinician, and advocate working at the intersection of preventive health, clinical exercise physiology, and population health. His work focuses on helping individuals and organizations translate evidence-based practice into meaningful improvements in chronic disease management, functional capacity, and quality of life. Ash is a contributing author and editor for numerous publications including AACVPR and ACSM guidelines for exercise. The NCCRA board is excited for Ash to share his enthusiasm, expertise, and extensive experience with all of us here in North Carolina this year!!!



Dr. Brian Asbill, MD, FACC, DipABLM, is Medical Director of Cardiac Rehabilitation at Mission Health in Asheville. Dr. Asbill served as a cardiologist at Asheville Cardiology Associates 2001-2020, where he was also Director of the Lipid Clinic and received numerous certifications and awards related to cardiac catheterization, echocardiography, nuclear diagnostic imaging, etc. As a cardiologist for 19 years, Dr. Asbill had become adept at diagnosing and treating patients with medications and procedures, yet many of his “optimally managed” patients continued to suffer from recurrent cardiovascular events. After realizing that procedures and medications weren't enough to truly heal his patients, Dr. Asbill began shifting his focus to lifestyle medicine. Dr. Asbill made the decision to fully transition from cardiology to lifestyle medicine, becoming the first in the world to do so. It was time to leave the “sick care” system behind and begin building a true “healthcare” system founded upon optimal nutrition, physical activity, and stress management. Today, Dr. Asbill shares his personal journey and the inspiring stories of his patients who have saved their own lives with the power of a healthy lifestyle. Dr. Asbill urges his patients to “Die younger, as late as Possible.”