NCCRA
North Carolina Cardiopulmonary Rehabilitation Association

Mountain Region Meeting

Thursday November 19th, 2026

Heart Path Cardiac Rehabilitation

Asheville Cardiology Associates

5 Vanderbilt Park Dr. - Asheville, NC 28803

Please RSVP to Joel Tipton at joel.tipton@adventhealth.com by November 13th

Time	Topics	Presenter
8:30 – 9:00	Registration & Light Breakfast provided by ScottCare	Thanks to **ScottCare**
9:00 – 9:20	**NCCRA** Welcome & Announcements	**Joel Tipton** and **Jessica Hawkins**
9:20 – 10:15	**The Language of Lifestyle Medicine:** *Promoting Wellness and Living a Healthy Lifestyle*	**Carlisle Washburne**, MD, MPH Chief Resident – MAHEC Family Medicine
10:15 – 11:15	**Preparing Patients for the Real World:** *What Rural Communities Can Teach Us About Long-Term Rehab Success*	**Rebecca M. Kappus**, Ph.D. Director - Cardiovascular Research Laboratory App State University
11:15 – 12:15	**North Carolina Food is Medicine Coalition 2026 Inaugural Launch** *From Concept to Care: Integrating Food Is Medicine into Healthcare*	**Meredith Mastromauro, MPH** Program Manager - Population Health Improvement Partners **Nicole Hinebaugh, BA** Director – Hearth and Harvest Consulting
12:15 – 1:15	Lunch provided by **Pritikin ICR**	Thanks to **Pritikin ICR**
1:15 – 2:15	**The Latest on Lipids: An Update on the New 2026 Lipid Guidelines** *What We and Our Patients Should Do Now*	**Brian Asbill**, MD, DipABLM Heart Path Cardiac Rehab Medical Director
2:15 – 3:15	**Cardiac & Pulmonary Rehabilitation Update 2026** *Latest Medicare Rules and Regulations, AACVPR Legislative Initiatives and Program Certification Updates*	**Connie Paladenech**, RRT, RCP, FAARC, MAACVPR 2024 AACVPR Distinguished Service Award Recipient Wake Forest Baptist Health
3:15 – 3:45	**NC Mountain Region Cardiac and Pulmonary Rehab Issues and Solutions**	**Patrick Hickey**, MS, CCRP, ACSM-CEP **Joel Tipton**, 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).