



Lifestyle Medicine Symposium Events

MARCH 21, 2019 & MARCH 22, 2019

DESCRIPTION

A vast majority of chronic disease, when directly related to poor lifestyle choices, is reversible and preventable through the proper choices in nutrition, exercise, and stress management. The growing field of lifestyle medicine—an essential foundation for the prevention and treatment of Cardiovascular Diseases and other chronic medical conditions—makes available the necessary evidence-based solutions for providers to counsel patients and improve patient outcomes.

The Mountain Area Health Education Center (MAHEC) of Asheville, North Carolina, in collaboration with Dr. Brian Asbill, is providing an educational symposium for healthcare providers only, coupled with a workshop for community members, focused on addressing Lifestyle Medicine within Buncombe County and Western North Carolina. The purpose of this program is to connect healthcare providers, city and government officials, and community members with the knowledge and tools to practice healthy lifestyles and to engage patients in the necessary solutions for improved patient outcomes.



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PROVIDED BY



WITH THE SUPPORT OF



ASHEVILLE
CARDIOLOGY
ASSOCIATES

A MISSION HEALTH PARTNER



CULINARY MEDICINE WORKSHOP

AUDIENCE	Community Members <i>(all are welcome)</i>
LOCATION	MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803
EVENT 1 REGISTRATION PROGRAM	Thursday, March 21, 2019 5:15 pm–6:00 pm <i>(light appetizers provided)</i> 6:00 pm–8:30 pm

EARLY REGISTRATION FEES THROUGH MARCH 14, 2019

PROGRAM FEE \$35.00

REDEFINING “HEALTH” CARE SYMPOSIUM

AUDIENCE	Healthcare Providers ONLY
LOCATION	MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803
EVENT 2 REGISTRATION PROGRAM	Friday, March 22, 2019 7:15 am–8:00 am <i>(light breakfast provided)</i> 8:00 am–4:30 pm <i>(lunch provided)</i>

EARLY REGISTRATION FEES THROUGH MARCH 15, 2019

MDs & APPs	\$145.00
RNs, RESIDENTS, STUDENTS & OTHER HEALTHCARE PROVIDERS	\$75.00
MAHEC EMPLOYEES <i>(space limited)</i>	\$50.00

OVERARCHING GOALS

Upon completion, participants will be able to:

- Cite evidenced-based data supporting specific lifestyle changes resulting in positive effects on patient outcomes
- Implement healthy behaviors foundational to disease prevention and health promotion
- Synthesize and prescribe skills in food selection/preparation and stress management
- Develop an action plan and assist in patient’s behavioral change with motivational interviewing and effective counseling techniques
- Collaborate with patients to create actionable exercise plans to gain and maintain healthy lifestyle behaviors

CULINARY MEDICINE WORKSHOP

Audience: Anyone who is interested in adopting and sustaining healthy behaviors. All are welcome.

MARCH 21, 2019 AGENDA

- 5:15–6:00** Registration and Light Appetizers (*provided*)
- 6:00–6:45** What is Lifestyle Medicine?
— Brian Asbill, MD, FACC
- 6:45–7:30** Culinary Planning:
Shopping and Kitchen Preparation
— Mary Lindsey Jackson, RDN, LDN
- 7:30–8:15** Cooking Demonstration
— Chef Reza Setayesh
- 8:15–8:30** Q&A Session

[CLICK HERE TO REGISTER](#)

REGISTRATION

Culinary Medicine Workshop (March 21, 2019)

The registration fee for this program is \$35.00. This fee includes administrative costs, educational materials, and light appetizers. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

Redefining “Health” Care Symposium (March 22, 2019)

The registration fee for this program is \$145.00 for MDs and APPs; \$75.00 for RNs, Residents, Students, and other Healthcare Providers (students must provide ID at check-in); or \$50.00 for MAHEC Employees (limited seats available). These fees include administrative costs, educational materials, a light breakfast, and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00 advance of the program.

PAYMENT POLICY

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

REDEFINING “HEALTH” CARE SYMPOSIUM

Audience: Physicians, PAs, NPs, RNs, PTs, PTAs, Dietitians, Chiropractors, Psychologists, and Health Administrators. Other healthcare professionals ONLY.

MARCH 22, 2019 AGENDA

- 7:15–8:00** Registration and Light Breakfast (*provided*)
- 8:00–8:15** Welcome and Course Overview
— Brian Asbill, MD, FACC
- 8:15–9:00** What is Lifestyle Medicine and Our Experience in Asheville
— Brian Asbill, MD, FACC
- 9:00–10:00** Managing Stress: Practical Tools for Providers and Patients
— Michelle Fletcher
- 10:00–10:15** Break
- 10:15–11:25 Morning Breakouts**
 - 1A:** Responding to Patient Questions Regarding Diet — Ben Aiken, MD
 - 1B:** Motivational Interviewing — Chris Miles, MSW, LCSW and Marit Weikel, LPC
 - 1C:** Provider Tools for Implementing Lifestyle Medicine in Practice — Beth Motley, MD
 - 1D:** Microbiome Diversity for Optimal Health and Better Brain Function — Cindy Libert, MD
- 11:25–11:30** Switch Rooms
- 11:30–12:00** Panel Discussion with Q&A Session
— Brian Asbill, MD, FACC
— Michelle Fletcher
— Garth Davis, MD
— Rustan Adcock, MD
- 12:00–1:00** Lunch (*provided*)
- 1:00–2:00** Protein-aholic
— Garth Davis, MD
- 2:00–2:15** Break
- 2:15–3:25 Afternoon Breakouts**
 - 2A:** Responding to Patient Questions Regarding Diet — Ben Aiken, MD
 - 2B:** Motivational Interviewing — Chris Miles, MSW, LCSW and Marit Weikel, LPC
 - 2C:** Provider Tools for Implementing Lifestyle Medicine in Practice — Beth Motley, MD
 - 2D:** Microbiome Diversity for Optimal Health and Better Brain Function — Cindy Libert, MD
- 3:25–3:30** Switch Rooms
- 3:30–4:15** Exercise as Medicine
— Rustan Adcock, MD
- 4:15–4:30** Course Wrap-Up with Q&A Session
— Brian Asbill, MD, FACC

MEDICAL COURSE DIRECTOR

Brian Asbill, MD, FACC

Asheville Cardiology Associates, Asheville, NC

CLICK HERE
TO REGISTER

PLANNING COMMITTEE

Frank Castelblanco, DNP, RN | MAHEC, Asheville, NC

Melody Hays, BA, MA | MAHEC, Asheville, NC

Ronnie Metcalf, EdD, RN-BC, ONC | MAHEC, Asheville, NC

Barbara Warren, MSW, LCSW, LCAS-A, CFT | MAHEC, Asheville, NC

Rosalyn Wasserman, PT, DPT | MAHEC, Asheville, NC

DIRECTIONS

MAHEC Mary C. Nesbitt Biltmore Campus

121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50; turn left on Hendersonville Rd.

From I-40 W: Take Exit 50B; merge on Hendersonville Rd.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

ACCOMMODATIONS

Hampton Inn & Suites
Asheville–Biltmore Village
117 Hendersonville Road
Asheville, NC 28803

CLICK HERE TO RESERVE

Phone: 828-277-1800 Rate: \$109.00 per night plus tax

A block of rooms has been reserved for March 21–March 22, 2019. The special room rate will be available until March 1st or until the group block is sold-out, whichever comes first.

DoubleTree by Hilton Hotel
Asheville–Biltmore
115 Hendersonville Road
Asheville, NC 28803

CLICK HERE TO RESERVE

Phone: 828-274-1800 Rate: \$109.00 per night plus tax

A block of rooms has been reserved for March 21–March 22, 2019. The special room rate will be available until March 1st or until the group block is sold-out, whichever comes first.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

CREDITS

Continuing Medical Education

Accreditation: MAHEC is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **2.5 (Day 1) / 7.0 (Day 2)** AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the activity.

2.5 (Day 1) / 7.0 (Day 2) CNE Contact Hours

MAHEC is an approved provider of continuing nursing education by the NC Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend 80% of one of the activities to receive credit for that activity.

Dietitians and Nutritionists: This program has been approved for up to **3.0 (Day 1) / 7.0 (Day 2)** CPEUs by the Commission on Dietetic Registration (CDR). Activity #146034. CPE Level II.

Physical Therapists & Physical Therapist Assistants: MAHEC, as part of the NC AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **2.5 (Day 1) / 6.5 (Day 2)** contact hours.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **2.5 (Day 1) / 7.0 (Day 2)** hours Category A.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.3 (Day 1) / 0.7 (Day 2)** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **2.5 (Day 1) / 7.0 (Day 2)** contact hours.

HAVE A QUESTION?
Contact the Program Planner

Melody Hays, BA, MA

melody.hays@mahec.net or 828-257-4762



Special Services
828-257-4468

REGISTRATION INFORMATION 828-257-4475

FAX REGISTRATION 828-257-4768

ONLINE REGISTRATION www.mahec.net

EMAIL registration@mahec.net

MAIL MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803



Lifestyle Medicine Symposium Events

MARCH 21, 2019 & MARCH 22, 2019

REGISTRATION FORM

**CLICK HERE
TO REGISTER**

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- _____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME COUNTY _____

HOME # _____ WORK # _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ CODE ON BACK OF CARD _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

MEAL PREFERENCE Vegetarian Gluten-free Vegan

CULINARY MEDICINE WORKSHOP

MARCH 21, 2019 (for community members)

PROGRAM FEE \$35.00 \$50.00 (after 3/14/19)

REDEFINING "HEALTH" CARE SYMPOSIUM

MARCH 22, 2019 (for healthcare providers only)

MDs & APPs \$145.00 \$160.00 (after 3/15/19)

RNs, RESIDENTS,
STUDENTS AND
OTHER HEALTHCARE
PROVIDERS \$75.00 \$90.00 (after 3/15/19)
(students must provide ID at check-in)

MAHEC EMPLOYEES \$50.00 \$65.00 (after 3/15/19)
(limited number of seats available)

MORNING BREAKOUT SELECTION (please choose one)

- 1A:** Responding to Patient Questions Regarding Diet
- 1B:** Motivational Interviewing
- 1C:** Provider Tools for Implementing Lifestyle Medicine in Practice
- 1D:** Microbiome Diversity for Optimal Health and Better Brain...

AFTERNOON BREAKOUT SELECTION (please choose one)

- 2A:** Responding to Patient Questions Regarding Diet
- 2B:** Motivational Interviewing
- 2C:** Provider Tools for Implementing Lifestyle Medicine in Practice
- 2D:** Microbiome Diversity for Optimal Health and Better Brain...

Send completed registration form to: #19ID037/57949
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803 **Fax:** 828-257-4768



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