



The Heart Truth: PREVENTING WOMEN'S #1 KILLER

WEDNESDAY, FEBRUARY 13, 2019

*Snow Date: March 6, 2019

LOCATION MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd, Asheville NC 28803

DATE Wednesday, February 13, 2019

REGISTRATION PROGRAM 5:30 pm–6:00 pm (*dinner provided*)
6:00 pm–8:30 pm

Early registration fees through February 6, 2019.

PHYSICIANS/APPS \$39.00

NURSES \$29.00

**MAHEC EMPLOYEE/
STUDENT/CNA/CMA/
COMMUNITY MEMBERS** \$19.00

(*student proof of enrollment
required at check-in*)

Faculty

Brian Asbill, MD, FACC
Asheville Cardiology

Carol Shimberg, MS, RD, LDN
Charles George VA

Credits

Continuing Medical Education

Accreditation

The Mountain Area Health Education Center (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 **2.25 AMA PRA Category 1 Credit(s)[™]**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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 time of the activity.

2.25 CNE Contact Hours

Mountain Area Health Education Center (MAHEC) is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants must attend 80% of the activity to receive credit. No partial credit is given for this activity.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **2.25 Contact Hours**.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.2 CEUs** as established by the National Task Force on the Continuing Education Unit.

Description

Heart disease and stroke claims the lives of 1 in 3 women each year...that's approximately one life every minute. Providers need updated evidence-based, practical information about nutritional approaches and lifestyle modifications for a heart healthy lifestyle for women in order to prevent these deaths. Practical tools for patient engagement and improved decision making are often overlooked in a busy office setting and will be integral to this event. Join us at MAHEC as we learn the first defense to this silent killer is a diet rich in vegetables, fruits, lean proteins, healthy fats and whole grains. Hear from Dr. Brian Asbill on the science and data behind a heart healthy diet and lifestyle. Carol Shimberg, Registered Dietician and Licensed Nutritionist, will then discuss the differences between healthy diets and how they can prevent heart disease. Attendees will also hear how healthcare practices worked with AHEC coaches to improve patient outcomes for cardiovascular measures in the state. Whether you are a clinician discussing with your patients about their nutritional health or wanting to learn for your own disease prevention, this evening will provide you with the tools you need to help prevent the next life lost to heart disease.

Audience

Physicians, APPs, Nurses, Interested Healthcare Professionals, and Community Members

Objectives

Upon completion of this activity, participants will be able to:

- Recognize the differences in signs and symptoms of heart attack in women
- Discuss the benefits of plant based options for a heart healthy diet
- Explain that lifestyle medicine is complementary to the conventional approach to treating chronic diseases in the US

Medical Course Director

Blake Fagan, MD



Heart Health NOW! | EvidenceNOW
An AHRQ Initiative

This program is supported by the AHRQ
(Agency for Healthcare Research and Quality)

Registration

Early registration deadline: February 6, 2019

The early registration fee is \$39.00 for providers/APPs, \$29.00 for nurses, and \$19.00 for MAHEC employees, students (proof of enrollment required at check-in), CNAs, CMAs, and community members. The program fees include administrative costs, educational materials, and dinner. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

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.

Planning Committee

Leslie McDowell, DNP, ANP-BC, RN

Julie Shelton, MHP, CPHQ, CCEP

Tammy Garrity, BS, PCMH CCE

Rhonda Egerton, PTA

Ronnie Metcalf, EdD, RN-BC, ONC

Directions

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

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 I-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.

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.



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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.

MEAL PREFERENCE: Vegetarian Gluten-free Vegan

PHYSICIAN/APP: \$39.00 \$54.00 (after Feb 6th)

NURSE: \$29.00 \$44.00 (after Feb 6th)

MAHEC EMPLOYEE/
STUDENT/CMA/CNA/

COMMUNITY MEMBER: \$19.00 \$34.00 (after Feb 6th)

(Student proof of enrollment required at check-in)

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 _____

Send completed registration form to: # 19NE028/57828

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803 Fax to: 828-257-4768

HAVE A QUESTION?

Contact the Program Planner

Rhonda Egerton, PTA

rhonda.egerton@mahec.net or 828-257-2984



Special Services
828-257-4778

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803



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