



# 11<sup>TH</sup> ANNUAL SCIENTIFIC MEETING

**FRIDAY–SUNDAY  
OCTOBER 1–3, 2021**

CHARLOTTE, NC  
AND VIRTUALLY VIA WEBINAR

## DESCRIPTION

Drawing from both scientific and clinical research, Southern Headache Society's 11th Annual Scientific Meeting is excited to focus on Arresting Migraine Progression: Tools for Clinical Practice.

We will address some of the risk factors associated with migraine progression: Addressing Obesity, Migraine and Sleep, and Optimizing Acute Migraine Treatment. Other topics will include: Nutraceuticals and the Microbiome, Headache Procedures, Pediatric Headaches, and Post-Traumatic Stress as well as tools to give our patients to help them manage their migraines.

The curriculum is intended for all clinicians who treat headaches. This event will be in person at the Charlotte Marriott City Center in Charlotte, NC, as well as a live webinar option.

## AUDIENCE

Target audience includes Physicians (MD, DO), Advanced Practice Providers (APPs), and Nurses.

## OBJECTIVES

**Upon completion of this live educational activity, the participant will be able to:**

- Identify modifiable risk factors associated with progression from episodic migraine to chronic migraine
- Identify specific conditions (Gastrointestinal, Vestibular Migraine, Post-Traumatic Stress) that may influence progression and develop a management plan
- Develop a treatment plan for arresting migraine progression based on addressing the modifiable risk factors
- Incorporate clinic-based behavioral tools to address unmet patient needs
- Improve response to interventional techniques by learning and adapting injection protocol for headache and facial pain
- Develop a plan to engage and incorporate increased patient activity to improve health outcomes

## MEDICAL COURSE DIRECTOR

**Michael Ready, MD, FAHS**

Director, Headache Clinic  
Baylor Scott & White Memorial Hospital, Temple, TX

## PLANNING COMMITTEE

**Brian Plato, DO, FAHS**

President, Southern Headache Society, Louisville, KY

**Sara Sacco, MD**

Education Chair, Southern Headache Society, Charlotte, NC

## MULTIPLE ATTENDANCE OPTIONS AVAILABLE

<b>LOCATION</b>	<b>Attend via live webinar or in person:</b> Charlotte Marriott City Center 100 W Trade Street, Charlotte, NC 28202
<b>DATE REGISTRATION PROGRAM</b>	<b>Friday, October 1, 2021</b> 11:00 am–1:00 pm ( <i>lunch provided on-site</i> ) 1:00 pm–5:00 pm
<b>DATE REGISTRATION PROGRAM</b>	<b>Saturday, October 2, 2021</b> 6:30 am–7:50 am ( <i>breakfast provided on-site</i> ) 7:50 am–5:00 pm ( <i>lunch provided on-site</i> )
<b>DATE REGISTRATION PROGRAM</b>	<b>Sunday, October 3, 2021</b> 6:30 am–7:50 am ( <i>breakfast provided on-site</i> ) 7:50 am–12:30 pm

## EARLY FEES AVAILABLE THROUGH SEPT 24, 2021

### ATTENDING IN PERSON (Charlotte, NC)

<b>\$299.00</b>	SHS Members ( <i>MD and DO</i> )
<b>\$199.00</b>	SHS Members ( <i>PhD, NP, PA, and others</i> )
<b>\$399.00</b>	Non-SHS Members ( <i>MD and DO</i> )
<b>\$299.00</b>	Non-SHS Members ( <i>PhD, NP, PA, and others</i> )

### ATTENDING VIRTUALLY (Live Webinar)

<b>\$49.00</b>	SHS Members ( <i>MD and DO</i> )
<b>\$29.00</b>	SHS Members ( <i>PhD, NP, PA, and others</i> )
<b>\$99.00</b>	Non-SHS Members ( <i>MD and DO</i> )
<b>\$79.00</b>	Non-SHS Members ( <i>PhD, NP, PA, and others</i> )

[CLICK HERE TO REGISTER](#)

This meeting is  
jointly provided by:

  
UNC HEALTH  
SCIENCES at  
MAHEC



## FRIDAY, OCTOBER 1, 2021 (EST)

- 7:30–11:30** SHS Board Meeting
- 11:00–1:00** Registration
- 11:30–1:00** Lunch (*provided on-site only*)
- 12:00–12:50** Industry Supported Presentation (*no CME given*)
- 1:00–1:10** Welcome and Overview
- 1:10–1:50** Integrative: Nutraceuticals and the Gut Microbiome  
— Robert Bonakdar, MD
- 1:50–2:30** Addressing Obesity  
— Dale Bond, PhD
- 2:30–3:00** Break
- 3:00–3:40** Post-Traumatic Stress: Assessing and Addressing  
— Peter Tuerk, PhD
- 3:40–4:20** Beyond PREEMPT: Advanced Botox and Headache Procedures  
— Andrew Blumenfeld, MD
- 4:20–5:00** Q&A and Panel Discussion  
— Carrie Dougherty, MD, FAHS (*moderator*)  
— Susan Beaird, DNP, CPNP, PMHS (*moderator*)  
— Robert Bonakdar, MD  
— Dale Bond, PhD  
— Peter Tuerk, PhD  
— Andrew Blumenfeld, MD
- 5:00** Adjourn

## SATURDAY, OCTOBER 2, 2021 (EST)

- 6:30–7:50** Registration and Breakfast (*provided on-site only*)
- 7:50–8:00** Introductions and Overview
- 8:00–8:40** CBT for Pain  
— Frank Andrasik, PhD
- 8:40–9:20** Brief Skills-Based Behavioral Medicine for Pain Relief  
— Beth Darnall, PhD
- 9:20–10:00** Expressive Writing: A Tool for Stress Management  
— James Pennebaker, PhD
- 10:00–10:30** Break
- 10:30–11:10** Hypnosis for Pain  
— Bruce Eimer, PhD
- 11:10–11:50** Q&A and Panel Discussion  
— Michael Ready, MD, FAHS (*moderator*)  
— Don Penzien, PhD (*moderator*)  
— Frank Andrasik, PhD  
— Beth Darnall, PhD  
— James Pennebaker, PhD  
— Bruce Eimer, PhD
- 11:50–1:00** Lunch (*provided on-site only*)
- 12:00–12:50** Industry Supported Presentation (*no CME given*)
- 1:00–1:40** Sleep  
— Todd Smitherman, PhD, FAHS
- 1:40–2:20** Vestibular Migraine  
— Mark Knoblauch, PhD
- 2:20–3:00** Pediatric Headaches: What I Want My Colleagues to Know  
— Lauren Doyle Strauss, DO  
— Chris Oakley, MD
- 3:00–3:30** Break and Exhibitors
- 3:30–4:10** Evolutionary Medicine and Headache  
— Lawrence Robbins, MD

- 4:10–5:00** Q&A and Panel Discussion  
— Chaouki Khoury, MD, MS, FAAN, FAHS (*moderator*)  
— Deborah Friedman, MD, MPH (*moderator*)  
— Todd Smitherman, PhD, FAHS  
— Mark Knoblauch, PhD  
— Lauren Doyle Strauss, DO  
— Chris Oakley, MD  
— Lawrence Robbins, MD
- 5:00** Adjourn

## SUNDAY, OCTOBER 3, 2021 (EST)

- 6:30–7:50** Registration and Breakfast (*provided on-site only*)
- 7:50–8:00** Welcome and Overview
- 8:00–8:40** Engage: Encouraging Active Patient Collaboration  
— Don Penzien, PhD
- 8:40–9:20** Getting Patients to Move: Why?  
— John Ratey, MD
- 9:20–10:00** Getting Patients to Move: How?  
— Jeff Galloway
- 10:00–10:30** Break and Exhibitors
- 10:30–11:10** Acute Treatment Optimization  
— Deborah Friedman, MD, MPH
- 11:10–11:50** What to Try When Nothing Is Working  
— Lawrence Robbins, MD  
— Michael Ready, MD, FAHS
- 11:50–12:30** Q&A and Panel Discussion  
— Sara Sacco, MD (*moderator*)  
— Brian Loftus, MD (*moderator*)  
— Don Penzien, PhD  
— John Ratey, MD  
— Jeff Galloway  
— Deborah Friedman, MD, MPH  
— Lawrence Robbins, MD  
— Michael Ready, MD, FAHS
- 12:30** Adjourn

### EXHIBITOR HOURS

**Friday, October 1, 2021:** 11:30 am–5:00 pm  
**Saturday, October 2, 2021:** 7:00 am–5:00 pm  
**Sunday, October 3, 2021:** 7:00 am–12:30 pm

## FACULTY

**Frank Andrasik, PhD**, is a Distinguished Professor of Psychology at the University of Memphis, TN. He has published numerous articles/chapters and several co-edited/co-authored texts, and presented extensively in- and outside of the U.S. His [Google Scholar](#) h-index is 58. Dr. Andrasik is a fellow in eight professional societies, including two Divisions within the American Psychological Association, Association for Psychological Science, Society of Behavioral Medicine, Association for Behavioral & Cognitive Therapies, American Headache Society, and Association for Applied Psychophysiology & Biofeedback, from whom he recently received a Lifetime Achievement Award in recognition of his outstanding contributions to this professional society and the field of biofeedback. He has considerable journal editing experience, having served as Chief Editor for *Applied Psychophysiology and Biofeedback* (1995-2019) and *Behavior Therapy* (1996-1998), and currently as Associate Editor for *Cephalalgia* and *Cephalalgia Reports*.

**Susan Beaird, DNP, CPNP, PMHS**, is a pediatric nurse practitioner specializing in headaches at Monroe Carell Jr. Children's Hospital at Vanderbilt. She is also an assistant professor in the pediatric primary care program at Vanderbilt University School of Nursing.

**Andrew Blumenfeld, MD**, is director of the Headache Center of Southern California. He is a member and fellow of the American Academy of Neurology and a member and fellow of the American Headache Society. Dr. Blumenfeld is the founding chair for the Interventional Procedures for Headache section for the American Headache Society. He has published widely and has over 70 peer reviewed publications relating to his active research in headache.

**Robert Bonakdar, MD**, is the Director of Pain Management at the Scripps Center for Integrative Medicine and co-editor of the Oxford University Press textbook of Integrative Pain Management. Prior to medical school, Dr. Bonakdar received a Richter International Fellowship where he studied Eastern mind-body practices in Southeast Asia. After finishing his medical training, he completed a fellowship in integrative medicine at Scripps Clinic with a focus on integrative pain management. He has a strong interest in nutrition and is a fellow of the American College of Nutrition, co-director of the Scripps Natural Supplements Conference—now in its 16th year—and author of *The HERBAL Guide: Dietary Supplement Resources for the Clinician*. He co-founded the nutritional pain management certification course which attempts to train clinicians to increasingly utilize dietary intervention as a legitimate pain management tool and has written on Obesity Related Pain which attempts to broaden understanding of how metabolic and nutritional factors can promote pain. In 2018, Dr. Bonakdar presented to the congressionally mandated Pain Management Best Practices Inter-Agency Task Force as well as at The National Academies of Sciences, Engineering, and Medicine. His current research interests include the use of anti-inflammatory and detoxification protocols to reduce intestinal endotoxemia as a novel approach for reducing pain and metabolic dysfunction.

**Dale Bond, PhD**, is Professor (Research) of Psychiatry and Human Behavior at The Miriam Hospital and Brown Alpert Medical School. He received his MS and PhD degrees in Health Promotion and Education at Purdue University and the University of Utah, respectively, and completed postdoctoral training in behavioral medicine at Brown Alpert Medical School. His research involves two principal areas: (1) assessing and intervening on energy balance behaviors and related mechanisms in the context of bariatric surgery and obesity; and (2) assessment and treatment of behavioral risk factors and comorbidities among individuals who have migraines. Dr. Bond has been awarded grants from NIH and other organizations to conduct prospective studies and randomized trials pursuant to advancement of these areas. He also sits on the editorial boards for multiple obesity-related journals, is a member of several committees for the American Society for Metabolic and Bariatric Surgery (ASMBS) and International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO), was a recent member of the NIH Behavioral Interventions and Outcomes study section, and is a research mentor within the NHLBI T32 Postdoctoral Training in Cardiovascular Behavioral Medicine Program at The Miriam Hospital and Brown University.

**Beth Darnall, PhD**, is Associate Professor at Stanford University School of Medicine, Department of Anesthesiology, Perioperative, and Pain Medicine. She directs the Stanford Pain Relief Innovations Lab, and is principal investigator for NIH and PCORI-funded clinical trials on behavioral treatments for chronic pain, including a 4-state trial on patient-centered voluntary opioid tapering. She has briefed the U.S. Congress and the FDA on iatrogenic harms from opioid tapering and the need for patient-centered pain care. She is a scientific member of the NIH Interagency Pain Research Coordinating Committee, and is an appointed member of the CDC Opioid Workgroup. Dr. Darnall is the creator of "Empowered Relief," an NIH-funded single-session pain relief skills class that is evidence-based and delivered in seven countries and five languages. Her work has been featured in outlets such as *Scientific American*, *NPR Radio*, *BBC Radio*, and *Nature*. She has authored or co-authored five books for patients and clinicians. In 2018, she spoke on the psychology of pain relief at the World Economic Forum in Davos, Switzerland.

**Carrie Dougherty, MD, FAHS**, is associate professor of neurology and program director of the headache medicine fellowship at MedStar Georgetown University Hospital in Washington, DC. She received her medical degree from Indiana University School of Medicine, followed

by an internship at NorthShore University HealthSystem in Evanston, IL. Dr. Dougherty completed her neurology residency at Georgetown University Medical Center in Washington, DC, followed by a fellowship in headache medicine at Thomas Jefferson University in Philadelphia, PA. She is board certified in neurology with subspecialty certification in headache medicine. She is also a fellow of the American Headache Society and serves as a member of the Guidelines committee and the Scottsdale Headache Symposium Planning committee. She is a 2019 graduate of the AHS Emerging Leaders Program and is secretary of both the Southern Headache Society and the Alliance for Headache Disorders Advocacy. She is committed to improving the lives of her patients through her clinical work, as well as education and advocacy.

**Lauren Doyle Strauss, DO**, is a UCNS pediatric headache specialist at the Comprehensive Headache Program at Wake Forest Baptist Health, which offers a multidisciplinary approach for the treatment of pediatric and adult patients with refractory headaches. She trained in Child Neurology at Harvard University's Boston Children's Hospital, is a graduate of the Headache Medicine Fellowship at Brigham and Women's John R. Graham Headache Center, and is a fellow of the American Headache Society. She is an Assistant Professor in the Wake Forest Department of Neurology and engaged in residency education as the Director for the Child Neurology residency program. She also serves as the Communication Director for the Southern Headache Society.

**Bruce Eimer, PhD**, is originally from Philadelphia where he has practiced psychology since 1986. He has been in private practice for 35 years providing counseling and hypnotherapy to individuals and couples. Dr. Eimer was the Director of Pain Psychology at a major teaching hospital for seven years and he has held multiple clinical appointments at numerous hospitals. Dr. Eimer earned his doctorate (PhD) in Educational Psychology from the State University of New York at Albany in 1981 and completed his post-doctoral residency and fellowship in Clinical Psychology at Hahnemann University in Philadelphia in 1986. He is a Board-Certified Diplomat in Behavioral & Cognitive Psychology with the American Board of Professional Psychology and a Certified Hypnotherapist. He is a fellow of the American Psychological Association and the International Medical and Dental Hypnotherapy Association.

**Deborah Friedman, MD, MPH**, is a professor of Neurology and Ophthalmology at UT Southwestern Medical Center, where she founded the Headache Medicine Program. She practices headache medicine and neuro-ophthalmology with a special interest in cluster headache and intracranial pressure disorders. Dr. Friedman is a fellow of the AAN, ANA AHS, and North American Neuro-ophthalmology Society. She is past president of the North American Neuro-ophthalmology Society, former member of the AHS board, and current ad hoc member of SHS Board. She has published over 125 articles, 26 book chapters, and delivered over 200 presentations.

**Jeff Galloway** is known as America's coach for a good reason. After a competitive running career that included competing in the 1972 Munich Olympic Games, he dedicated his professional life to helping millions of average citizens improve their lives through fitness—without aches, pains, or exhaustion. After opening the first running specialty store in America (1973) and creating the Run Walk Run® training method, he continues to help anyone to experience the benefits of fitness, avoid injury, and be a healthier, happier version of themselves. His Galloway Training groups operate in over 50 cities. His groundbreaking book, *Galloway's Book on Running*, has sold over 700,000 copies and continues to be a key resource for athletes today. He was recently touted as the most recognized running personality in America. His 32 books have been translated into 17 languages and are used around the globe. His approachable and inspirational ethos has led him to become a sought-after keynote speaker for worldwide conferences and Fortune 500 company events. He successfully partners with major lifestyle and fitness brands, using his trusted influence to connect with consumers worldwide. He currently serves as the official training consultant of runDisney as well as a Global Coach with Garmin. Jeff's life mission is to allow everyone in the world to enjoy the unique brain- and body-enhancing benefits of exercise while carrying on life's activities. According to Jeff, his greatest

accomplishment is hearing how his method, schedules, books, and presentations have helped to improve quality of life.

**Chaouki Khoury, MD, MS, FAAN, FAHS**, is a dually trained adult and child neurologist working at Atlanta Headache Specialists. He received his medical degree at the American University of Beirut and completed neurology residency at the University of Oklahoma Health Sciences Center, followed by fellowship in Child Neurology at Texas Children's Hospital/Baylor College of Medicine in Houston, TX. He initially joined the faculty at the University of Oklahoma Health Sciences Center as Assistant Professor and then was promoted to Associate Professor, where he served as the residency program director. Afterward, Dr. Khoury moved to Baylor University Medical Center in Dallas, TX, and joined the faculty at Texas A&M University as Associate Professor. He was the Neurology Clerkship Director and the Headache Fellowship Director. He then served as Director of Neurology Education and Research and also as Director of the Comprehensive Headache Center. Later, he moved to private practice, initially at the Comprehensive Headache Institute at Texas Neurology and subsequently at Atlanta Headache Specialists.

**Mark Knoblauch, PhD**, received his BA in Exercise Science (Emphasis: Athletic Training) at Wichita State University. He received his MS in Kinesiology (Emphasis: Exercise Science) at University of Nevada, Las Vegas. Dr. Knoblauch earned his PhD in Kinesiology (Emphasis: Exercise Science) at University of Houston and his Post-doc in Molecular Physiology and Biophysics at Baylor College of Medicine. His research has focused around the phenomenon of "skeletal muscle damage," both in determining how skeletal muscle membrane structure influences this phenomenon as well as a mechanism for why certain pharmaceutical drugs (statins) trigger symptoms commonly associated with skeletal muscle damage. He has also developed an interest in various clinical measures of athletic injury assessment and care as well as the reliability of those measures.

**Brian Loftus, MD**, was a Chemical Engineer who did programming for a living. He co-authored the textbook used to teach chemical engineers programming. This makes him very good at his job of technical support. He is also the Immediate Past President of the Southern Headache Society.

**Christopher Oakley, MD**, is Assistant Professor of Neurology and Nursing and sees patients with a variety of pediatric and adult headache concerns, focusing primarily on the treatment of pediatric and adolescent migraine. He is the co-director of the Johns Hopkins Adult Headache Center and has established the Pediatric Headache Center at The Johns Hopkins Hospital, where he has served as director since its beginning to better serve children and adolescents with these common and potentially disabling conditions. A long-standing migraine sufferer himself, Dr. Oakley is a member of the Child Neurology Society, American Academy of Neurology, the American Headache Society, and the National Headache Foundation. He lectures frequently to the general public and healthcare providers on a multitude of headache topics but focuses on pediatric migraine and other childhood headaches, as this is his primary clinical focus.

**James Pennebaker, PhD**, is the Regents Centennial Professor of Liberal Arts and Psychology at the University of Texas at Austin. His research focuses on the links between trauma, secrets, and physical health. His discovery that expressive writing about emotional upheavals could improve health has been used for a variety of medical conditions. He has also explored the nature of everyday language use and psychological states. In his talk, he will describe how researchers and clinicians can explore ways to understand and treat patients dealing with emotional upheavals and headaches.

**Don Penzien, PhD**, is Director of Research for Psychiatry and Deputy Director for the Center of Integrative Medicine at Wake Forest. He is recognized for contributions in behavioral medicine—particularly headache and chronic pain research methodologies enhancing

the accessibility and cost-effectiveness of non-pharmacological therapies. He is fellow of American Headache Society and Society of Behavioral Medicine with over 150 publications to his credit. Dr. Penzien has received grant support from NIH, DoD, VA, and other agencies. He is Senior Editorial Advisor for *Headache* and editorial board member for *Global Advances in Health and Medicine*. Key roles: Chair, Non-pharmacological Treatment Group of AHRQ Headache Treatment Guidelines Project; Board of Directors, Chair of Behavioral Clinical Trials Guidelines Section, and Chair of Methodology Section (American Headache Society); US Headache Treatment Guidelines Consortium (American Academy of Neurology); Common Data Elements Working Group for Headache (NINDS).

**John Ratey, MD**, is an Associate Clinical Professor of Psychiatry at Harvard Medical School, an internationally recognized expert in Neuropsychiatry, and a best selling author. He has published over 60 peer-reviewed articles and 11 books published in 17 languages, including the groundbreaking ADD-ADHD *Driven to Distraction* series with Ned Hallowell, MD. With the publication of *Spark: The Revolutionary New Science of Exercise and the Brain*, Dr. Ratey has established himself as one of the world's foremost authorities on the brain-fitness connection. His most recent book, *Go Wild*, explores how we can achieve optimal physical and mental health by getting in touch with our caveman roots, and how we can "re-wild" our lives. Recognized by his peers as one of the Best Doctors in America since 1997, Dr. Ratey was recently honored by the Massachusetts Psychiatric Society as "Outstanding Psychiatrist of the Year" for advancing the field. Dr. Ratey and his work are frequently profiled in the media, where he's been featured on ABC, CBS, NBC, PBS, and NPR, as well as in *The New York Times*, *Newsweek*, *The Washington Post*, *US News & World Report*, *Men's Health*, and other national publications.

**Michael Ready, MD, FAHS**, is Certified in Headache Medicine by the United Council of Neurologic Subspecialties. He was awarded the 2014 National Headache Foundation Annual Lectureship Award and is author of *Discussing Migraine with Your Patients: A Common Sense Guide for Clinicians*.

**Lawrence Robbins, MD**, is an Assistant Professor of Neurology at Chicago Medical School. He has contributed to 380 abstracts and articles, and 5 books.

**Sara Sacco, MD**, has been practicing headache medicine in Charlotte, NC, for the last 20 years. She has been a part of the SHS since its inception and is proud to be a part of the Board and the Education Chair.

**Todd Smitherman, PhD, FAHS**, is Associate Professor and Director of Clinical Training in the Psychology Department at the University of Mississippi. His work focuses primarily on behavioral factors and interventions in chronic medical conditions, particularly migraine and other headache disorders. He is a fellow of the American Headache Society, on the Migraine Research Foundation Medical Advisory Board, and has served as Associate Editor for *Headache*.

**Peter Tuerk, PhD**, is a clinical psychologist who specializes in evidence-based treatments for PTSD and other anxiety disorders, related research and training, and the integration of technology into clinical care. He is Director of a multidisciplinary outpatient clinic at the University of Virginia, where he serves as Professor of Education within the Department of Human Services. He conducts research and clinical trials to enhance evidence-based treatments, serving as PI on VA, DoD, and NIH research awards; serves as a psychotherapy trainer for national and international health systems; and is author of numerous peer-reviewed publications and government reports related to mental health service delivery and science. He was recently named a Top 100 producer in the U.S. Purpose Economy for scientific and clinical contributions and is the recipient of VA's highest honor, the Olin E. Teague Award for outstanding career achievement in the rehabilitation of war-injured veterans.

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## CREDITS

### Continuing Medical Education

**Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of Mountain Area Health Education Center (MAHEC) and Southern Headache Society. MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

**Credit Designation:** MAHEC designates this live educational activity for a maximum of **14.5** AMA PRA Category 1 Credit(s)<sup>™</sup>. 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 CME. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

**Physician Assistants:** AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1 Credits<sup>™</sup> from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of **14.5** hours of Category 1 credit for completing this program.

**Nurse Practitioners:** MAHEC designates this live continuing education activity as meeting the criteria for **14.5** contact hours.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **1.5** 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 **14.5** contact hours.

## REGISTRATION POLICIES

### Early registration deadline: September 24, 2021

The aforementioned fees include administrative costs, educational materials, breakfast (provided on-site only), and lunch (provided on-site only). If your registration is received after the above 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 that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than 2 full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

## ACCOMMODATIONS

### Charlotte Marriott City Center 100 W Trade Street, Charlotte, NC 28202

A block of rooms has been reserved from September 30, 2021, to October 3, 2021. The discounted lodging rate of \$149.00 per night plus tax will expire on **Monday, August 30, 2021**.

[www.mahec.net/headachelodging](http://www.mahec.net/headachelodging)



# 11<sup>TH</sup> ANNUAL SCIENTIFIC MEETING

## FRI-SUN, OCTOBER 1-3, 2021

CHARLOTTE, NC AND VIRTUALLY VIA WEBINAR

### REGISTRATION FORM

By registering below, you are granting permission for your contact information to potentially be shared with Southern Headache Society.

Updated contact information. Event #66411

**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** \_\_\_\_\_

### ATTENDING IN PERSON (Charlotte, NC)

**MEAL PREFERENCE**     Vegetarian     Gluten-free     Vegan

#### SHS Members (MD and DO)

\$299.00     \$314.00 (if registering after 9/24/2021)

#### SHS Members (PhD, NP, PA, and others)

\$199.00     \$214.00 (if registering after 9/24/2021)

#### Non-SHS Members (MD and DO)

\$399.00     \$414.00 (if registering after 9/24/2021)

#### Non-SHS Members (PhD, NP, PA, and others)

\$299.00     \$314.00 (if registering after 9/24/2021)

### ATTENDING VIRTUALLY (Live Webinar)

#### SHS Members (MD and DO)

\$49.00     \$64.00 (if registering after 9/24/2021)

#### SHS Members (PhD, NP, PA, and others)

\$29.00     \$44.00 (if registering after 9/24/2021)

#### Non-SHS Members (MD and DO)

\$99.00     \$114.00 (if registering after 9/24/2021)

#### Non-SHS Members (PhD, NP, PA, and others)

\$79.00     \$94.00 (if registering after 9/24/2021)

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**HAVE A QUESTION?**  
**Contact the Program Planner**  
 Dina Gillespie  
[dina.gillespie@mahec.net](mailto:dina.gillespie@mahec.net) or 828-771-4216



**Special Services**  
 828-407-2412

**REGISTRATION INFORMATION** 828-257-4475  
**FAX REGISTRATION** 828-257-4768  
**ONLINE REGISTRATION** [www.mahec.net/cpd](http://www.mahec.net/cpd)  
**EMAIL** [registration@mahec.net](mailto:registration@mahec.net)  
**MAIL** MAHEC Registration  
 121 Hendersonville Road, Asheville, NC 28803



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