



# Lifestyle Medicine Symposium Events

**AUGUST 1, 2019 & AUGUST 2, 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



AND



## CULINARY MEDICINE WORKSHOP

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

**EARLY REGISTRATION FEES THROUGH JULY 25, 2019**

**PROGRAM FEE \$35.00**

## REDEFINING “HEALTH” CARE SYMPOSIUM

<b>AUDIENCE</b>	<b>Healthcare Providers &amp; Community Members</b>
<b>LOCATION</b>	<b>MAHEC</b> Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803
<b>EVENT 2 REGISTRATION PROGRAM</b>	<b>Friday, August 2, 2019</b> 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 JULY 26, 2019**

<b>MDs &amp; APPs</b>	<b>\$145.00</b>
<b>RNs, RESIDENTS, STUDENTS, OTHER HEALTHCARE PROVIDERS, AND COMMUNITY MEMBERS</b>	<b>\$75.00</b>

## 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.

## REDEFINING “HEALTH” CARE SYMPOSIUM

**Audience:** Physicians, PAs, NPs, RNs, PTs, PTAs, Dietitians, Chiropractors, Psychologists, Health Administrators, and community members.

### AUGUST 1, 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

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### REGISTRATION

#### Culinary Medicine Workshop (August 1, 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 (August 2, 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 exception is 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.

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 two 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)

### AUGUST 2, 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** Exercise as Medicine  
— Allison Bowersock, PhD, CSCS, ACSM-EIM
- 10:00–10:15** Break
- 10:15–11:25 Morning Breakouts**
  - 1A:** Responding to Patient Questions Regarding Diet — Ben Aiken, MD
  - 1B:** Lifestyle Medicine in Clinical Practice — Motivation and Integration — Veena Rhodes, MD and Mary Haddad, MD, FACOG
  - 1C:** Beyond Stress Management: Cultivating Resilience in Healthcare — Danna Park, 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
- 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:** Lifestyle Medicine in Clinical Practice — Motivation and Integration — Veena Rhodes, MD and Mary Haddad, MD, FACOG
  - 2C:** Beyond Stress Management: Cultivating Resilience in Healthcare — Danna Park, MD
  - 2D:** Microbiome Diversity for Optimal Health and Better Brain Function — Cindy Libert, MD
- 3:25–3:30** Switch Rooms
- 3:30–4:15** Managing Stress: Practical Tools for Providers and Patients — Michelle Fletcher
- 4:15–4:30** Course Wrap-Up with Q&A Session  
— Brian Asbill, MD, FACC

## 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)<sup>™</sup>. 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:** Application has been made to CDR for 10.0 hours of credit.

**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.

[CLICK HERE TO REGISTER](#)

## 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.

## MEDICAL COURSE DIRECTOR

**Brian Asbill, MD, FACC**  
Asheville Cardiology Associates, Asheville, NC

## 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

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**HAVE A QUESTION?**  
**Contact the Program Planner**  
Melody Hays, BA, MA  
[melody.hays@mahec.net](mailto: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/cpd](http://www.mahec.net/cpd)  
**EMAIL** [registration@mahec.net](mailto:registration@mahec.net)  
**MAIL** MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803



# Lifestyle Medicine Symposium Events

**AUGUST 1, 2019 & AUGUST 2, 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

August 1, 2019 (for community members)

PROGRAM FEE     \$35.00     \$50.00 (after 7/25/19)

## REDEFINING "HEALTH" CARE SYMPOSIUM

August 2, 2019 (for healthcare providers only)

MDs & APPs     \$145.00     \$160.00 (after 7/26/19)

RNs, RESIDENTS, STUDENTS, OTHER HEALTHCARE PROVIDERS, AND COMMUNITY MEMBERS     \$75.00     \$90.00 (after 7/26/19) (students must provide ID at check-in)

MORNING BREAKOUT SELECTION (please choose one)

- 1A: Responding to Patient Questions Regarding Diet
- 1B: Lifestyle Medicine in Clinical Practice — Motivation and...
- 1C: Beyond Stress Management: Cultivating Resilience in...
- 1D: Microbiome Diversity for Optimal Health and Better Brain...

AFTERNOON BREAKOUT SELECTION (please choose one)

- 2A: Responding to Patient Questions Regarding Diet
- 2B: Lifestyle Medicine in Clinical Practice — Motivation and...
- 2C: Beyond Stress Management: Cultivating Resilience in...
- 2D: Microbiome Diversity for Optimal Health and Better Brain...

Send completed registration form to: #20ID010/58807  
MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803    Fax: 828-257-4768