



Lifestyle Medicine Symposium

SATURDAY, SEPTEMBER 30, 2023

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

Date **Saturday, September 30, 2023**

Check-in 7:30 am–8:00 am

Program 8:00 am–4:30 pm

[REGISTER ONLINE](#)

EARLY FEES AVAILABLE THROUGH 9/23/23

\$150.00 MDs and DOs

\$125.00 PAs and NPs

\$100.00 Nurses and other healthcare professionals such as Dietitians, PTs, and OTs

\$45.00 Students and MAHEC Employees

DESCRIPTION

About 80% of our current ~\$3.4 trillion healthcare expenditure is spent on chronic diseases such as diabetes, HTN, and dyslipidemia, and ~80% of our chronic diseases are rooted in poor lifestyle choices. The current “pills and procedures” healthcare paradigm is simply not working, particularly during the COVID-19 pandemic, and increased stress has stretched many healthcare providers to a breaking point. We must help each other and our patients adopt and sustain healthy lifestyle behaviors that improve health and quality of life and allow us as providers to reconnect to the true joy of practicing medicine. Come join us at the 2023 Lifestyle Medicine Symposium to learn how you can eat better, move more, stress less, and sleep better. Do it for yourself, your family, and your patients!

KEYNOTE SPEAKER



Dr. Melissa Sundermann is a double boarded physician in Internal Medicine and Lifestyle Medicine and has been practicing medicine for over 20 years. She also has training in Integrative Medicine through the University of Michigan and has completed a Professional Training Program in Mind Body

Medicine through the Center for Mind Body Medicine based in Washington, DC. She has been featured in several Lifestyle Medicine articles and podcasts as well as an invited speaker for health/medical national conferences. She strongly believes in fostering a partnership with her patients and helping to guide them towards a healing pathway through self-care utilizing Lifestyle Medicine principles. Her 7 pillars of health include a whole food, plant-slant dietary pattern, daily movement, restorative sleep, avoidance of risky behaviors (such as tobacco, excessive alcohol, drug use), stress management, social connection, and daily exposure to nature and fresh air. Dr. Sundermann is also known as “Doctor Outdoors” and chairs the Nature as Medicine sub-committee for the American College of Lifestyle Medicine.

Dr. Sundermann currently specializes in Lifestyle Medicine at Canyon Ranch Wellness Resort in Lenox, MA. Prior to this role, she practiced medicine with IHA in Ann Arbor, MI, where she helped to launch the IHA Lifestyle Medicine Institute and also led the IHA Staywell Committee which focuses on optimizing the health and well-being for 3000 employees of IHA. She does her best to practice what she preaches and enjoys running, biking, hiking, skiing, and spending time outdoors and creating adventures with her husband, 2 children, and 2 dogs. She is a 10x Boston Marathon finisher, 3x Full Ironman Triathlon finisher, and currently training for several upcoming Ultramarathons.

SPEAKER BIOGRAPHIES

[Click here to read more about our symposium speakers](#)

SYMPOSIUM AGENDA

- 7:30–8:00** Registration and Breakfast
- 8:00–8:15** **Welcome and Opening Remarks**
— Brian Asbill, MD, FACC, DipABLM
- 8:15–9:15** **LM and Brain Health**
— Brian Asbill, MD, FACC, DipABLM
- 9:15–10:15** **Stress Less, Thrive More!**
— Robyn Tiger, MD, DipABLM
- 10:15–10:30** Break
- 10:30–11:30** **Health Transformation Through Nutrition**
— Brett Senor, MD, DipABLM
- 11:30–12:00** **Cooking Demo**
— Brian Asbill, MD, FACC, DipABLM, Robyn Tiger, MD, DipABLM, & Lisa McDowell, MS, RDN, CSSD, DipACLM, ISAK-1, METS
- 12:00–1:00** Lunch
- 1:00–2:00** **KEYNOTE | Moving Mountains — The Power of Nature to Reach the Peak of Well-Being**
— Melissa Sundermann, DO, FACOI, DipABLM
- 2:00–2:15** Break + Raffle Drawing
- 2:15–3:00** **Sleep: The A's to ZZZ's**
— Lisa McDowell, MS, RDN, CSSD, DipACLM, ISAK-1, METS
- 3:00–3:30** **SMART Goal Shares**
— Robyn Tiger, MD, DipABLM, & Brian Asbill, MD, FACC, DipABLM
- 3:30–4:00** **Ask The Experts: Panel Discussion and Q&A**
- 4:00–4:30** **Wrap-up and Evaluation**
— Brian Asbill, MD, FACC, DipABLM, & Robyn Tiger, MD, DipABLM

TARGET AUDIENCE

MD, DO, PA, NP, Nurses, and other interested healthcare professionals

CREDITS

Continuing Medical Education

Accreditation: 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 **7.0 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.

Physician Assistants: AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1 Credits™ from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of **7.0 hours** of Category 1 credit for completing this program.

7.0 Nursing Contact Hours

MAHEC is approved as a provider of nursing continuing professional development 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.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **0.7 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 **7.0 contact hours**.

HAVE A QUESTION?



Special Services

828-417-3103

Program Planner

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Registration Phone

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Email

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Registration Fax

828-257-4768

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803

Online Registration

www.mahec.net/cpd

REGISTRATION

Event fees include administrative costs and educational materials. If your registration is received after the early registration 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 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)

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.

 MAHECEd  MAHECwnc  mahec.education

OBJECTIVES

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

- Review why a whole food, plant-based diet is the foundation of optimal health, and prepare together a simple and delicious meal (doctors and dietitian to present together).
- Review the myriad ways in which “exercise is medicine” and review practical tools for incorporating more movement into our daily lives.
- Understand the stress response and how and why chronic stress is deleterious to health. Learn about and practice stress management techniques that restore balance to the autonomic nervous system and directly impact our health outcomes.
- Discuss how and why restorative sleep is the foundation of optimal health both physically and mentally, and review sleep hygiene tips that have shown measurable benefit in both deep and REM sleep.

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 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.



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YOU CAN REGISTER ONLINE AT MAHEC.NET/LIFESTYLE2023

REGISTRATION FORM

Updated contact information Event #70350

Name _____

Credentials _____

Occupation _____

Email Address _____

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

Please remove me from the MAHEC mailing list

Home Address _____

City _____ **State** _____ **ZIP** _____

Home County _____

Home # _____ **Work #** _____

Employer _____

Department _____

Employer's Address _____

City _____ **State** _____ **ZIP** _____

Work County _____

Meal Preference Vegetarian Gluten-free Vegan
(if applicable)

MDs and DOs

\$150.00 \$165.00 if paying after 9/23/23

PAs and NPs

\$125.00 \$140.00 if paying after 9/23/23

Nurses and other healthcare professionals such as Dietitians, PTs, and OTs

\$100.00 \$115.00 if paying after 9/23/23

Students and MAHEC Employees

\$45.00 \$60.00 if paying after 9/23/23

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 below
 Visa MasterCard Discover Card AmEx

Account # _____

Expiration Month/Year _____ / _____

Verification Code _____ (3 or 4-digit number)

Name on Card _____

Signature _____

Send completed registration to: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768