

OBJECTIVES

At the end of this activity, participants will be able:

- Recognize the benefits of eating raw, natural and locally grown food and how to best prepare for maximum nutrition.
- Understand how the body is affected by allergens in our local environment and how to strengthen our immune systems.
- Discuss the financial benefits of couponing in making healthy and money saving dietary choices.
- Discuss the challenges of healthy living in southern USA.
- Discover "home grown" fitness opportunities to begin today.
- Discuss creative options for exercise and body movement.

CREDITS

Course Number: CE25931111

Huntsville Hospital is a Board approved provider of continuing nursing education in Alabama by the Alabama Board of Nursing. Our approval status is valid through December 12, 2013. Provider Number: ABNP0278.

Nursing Contact Hours: 4.8

Social Worker Contact Hours: 4.0

The respiratory therapy credentialing board will accept ABN credit hours. Keep your certificate for your records.

Dietetic and Physical Therapy credits applied for.

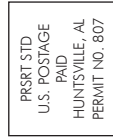
This activity is approved for nurse practitioners. Huntsville Hospital is an approved provider by the Alabama State Nurses Association. Our provider number is 5-119; it expires 01/28/2014.

Nurse Practitioners Contact Hours: 4.0

UPCOMING EVENTS

- March 3 – Patient Safety Conference
- March 17 – Bariatric Workshop
- April 14 – Neurology & Neurosurgery Conference
- June 30 – Gastroenterology Conference
- July 21 – Pulmonary Conference
- July 28 – Sports Medicine Conference
- August 11 – Oncology Conference
- August 18 – Pediatric Conference

For further information about Huntsville Hospital classes, go to www.huntsvillehospital.org or call 256.265.8025.



Huntsville Hospital - Corporate University
P.O. Box 1167 - Huntsville, Alabama 35807



Huntsville Hospital's Corporate University
presents

2012 WELLNESS CONFERENCE: *Home Grown*

Friday, March 2, 2012

6:30 a.m. - 12:45 p.m.

At Huntsville Hospital's Dowdle Center
in Huntsville, AL



HH HUNTSVILLE HOSPITAL

AGENDA

Huntsville Hospital's Corporate University is offering a one day continuing education conference on wellness topics on Friday, March 2, 2012.

**Conference will be held at
HUNTSVILLE HOSPITAL'S CORPORATE UNIVERSITY
AT THE DOWDLE CENTER
109 Governors Drive • Huntsville, AL • 256.265.8025
(Corner of Gallatin St. & Governors Dr.)**

Note: Parking is available next to the
Governors Medical Tower/Spine & Neuro Center on Longwood Drive.
It is also available for \$2 inside the Governors Medical Tower parking garage on Gallatin Street.
Visit www.huntsvillehospital.org for a map indicating the location of the parking.

- DRESS COMFORTABLY -

**Farmers
Market
on site!**

6:30am-8:00am	Registration & Free Health Screenings (optional):
• Blood Pressure/Pulse,	• Height/Weight-BMI,
• Cholesterol/Glucose test,	• Bone Density,
• Mini-EKG	• Mini-Massage
	Continental Breakfast and Exhibits (including a Farmers Market)
8:00am-8:15am	Movement Therapy - Pam Herdy
8:15am-9:05am	<u>Eating Naturally</u> - Sue Buckles
9:05am-9:20am	Movement Therapy - Pam Herdy
9:20am-10:10am	<u>Local Allergy Challenges</u> Sashi Kumar, M.D.
10:10am-10:30am	Break/Exhibits & Completion of Health Screenings
10:30am-10:45am	Movement Therapy - Pam Herdy
10:45am-11:35am	<u>Realistic Couponing</u> - Bobi Enfinger
11:35am-11:45am	Movement Therapy - Pam Herdy
11:45am-12:35pm	<u>Shape Up Sisters!</u> - Linda Fondren
12:35pm-12:40pm	Closing Comments & Evaluations
12:40pm-12:45pm	Movement Therapy

SPEAKER INFORMATION

Pam Herdy, MSN, MA, BSN, BBA, RN

Ms. Herdy works at HealthSouth Rehab. Hospital in Huntsville, Alabama, as the Director of Case Management. She's a certified yoga therapist and NIA instructor.

Susan M. Buckles, RN

Ms. Buckles is a past employee of Huntsville Hospital who now lives in Franklin Tennessee as the CNO of Aionix, Inc. She will share the benefits of raw food preparation and will demonstrate some healthy and easy ways to enjoy it.

Bobi Enfinger, RN, CRRN, WCC

Ms. Enfinger is a nurse and a current liaison of HealthSouth. She has done couponing for years and teaches couponing classes as she shares her passion to help people save and budget money. She presents on the practical side of couponing (not for hoarders or extreme couponing).

Linda Fondren

Mrs. Fondren owns a gym in Vicksburg, Miss., a city in which two-thirds of the population are overweight or obese. She leads a successful weight loss program called Shape Up Vicksburg. In 2010, Mrs. Fondren was featured in the CNN's "Heroes" series which is a national program that recognizes the work individuals accomplish to change the world.



Shashi A.M. Kumar, MD

Dr. Kumar practices at the Alabama Asthma Allergy and Immunology Center in Huntsville, Alabama. He is certified by the American Board of Pediatrics and also by the American Board of Allergy and Immunology. Dr. Kumar specialized in pediatrics and allergy-immunology. He has given numerous national presentations and has been widely published.

PLANNING COMMITTEE

Joyce Clark; Lydia Cole, RN; Susan Culpepper, RN; Cindy Fafard; Ellen Harris, RN; Sandra Roberts, RN; Todd Ziegler

Please note: Conference seating is limited. Registrations are processed in the order in which they are received. Attire for the conference is casual. You may want to bring a light sweater or jacket to ensure your comfort in meeting rooms.

REGISTRATION

Registration forms for the 2012 Wellness Conference must be postmarked by March 1st; faxed registration deadline is March 1st, 12noon. Partial credit not awarded. No refunds after March 3rd. Confirmation of registration is not automatically sent to participants; feel free to phone for confirmation.

First Name, Last Name (required)

ABN License Number (required if applicable)

Employee ID# (Huntsville Hospital Employees Only)

R.N. R.D. Other _____

Address

City State Zip

Phone and/or Email Address

Employees of Huntsville Hospital and
affiliate hospitals \$50.00

Non-employee \$60.00

Method of Payment:

Check Cash Credit/Debit Card

Card # Exp. Date

Security Code Signature

Mail registration form and payment to:

Huntsville Hospital • Corporate University
P.O. Box 1167 • Huntsville, Alabama 35807

Checks payable to Huntsville Hospital, Corporate University

For more information, please call 256.265.8025