

2017

LIFESTYLE MEDICINE SYMPOSIUM: REDEFINING HEALTH CARE

Friday, October 6, 2017

Mountain Area Health Education Center (MAHEC) | Asheville, NC

Keynote Speakers:

Michael Greger, MD, FACLM

Founding Member, American College of Lifestyle Medicine
Author, How Not to Die | NutritionFacts.org

Nick Buettner

Community and Corporate Program Director of BlueZones

Brian Asbill, MD, FACC

Asheville Cardiology Associates

We owe it to ourselves and our
patients to offer them the
best medicine...
lifestyle medicine.



Provided by



with the support of



ASHEVILLE
CARDIOLOGY
ASSOCIATES

A MISSION HEALTH PARTNER

About the conference

A vast majority of chronic disease, 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 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 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.

Audience

Physicians, PAs, NPs, RNs, PTs, Chiropractors, Psychologists, Health Administrators and anyone interested in adopting and sustaining healthy behaviors.

Objectives

Upon completion of this educational activity, the participants should be able to:

- Cite evidence-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 patients' behavioral changes with motivational interviewing and effective counseling techniques
- Collaborate with patients to create actionable exercise plans to gain and maintain healthy lifestyle behaviors

Agenda

7:30-8:00	Registration (Breakfast provided)
8:00-8:15	Welcome and Symposium Introduction
8:15-9:00	What is Lifestyle Medicine and Our Experience in Asheville - Brian Asbill, MD
9:00-10:00	Exercise is Medicine - Jennifer L. Trilk, PhD
10:00-10:15	Break
10:15-11:15	Breakout Session 1
	1A: The Plant-Based Kitchen - Lauren Vaught and Terri Edwards
	1B: Assisting Behavior Change in the Clinical Setting - Christine Miles, MSW, LCSW and Marit D Weikel, LPC
	1C: How to Prescribe Exercise, Nutrition and Stress Management Effectively in Your Practice - Danna Park, MD and Chad Krisel, MD
11:15-12:30	How Not to Die - Michael Greger, MD
12:30-1:30	Plant-based Lunch (provided)
1:30-2:45	The Blue Zones - Nick Buettner
2:45-3:45	Breakout Session 2 (repeats of Breakout 1 sessions)
	2D: The Plant-Based Kitchen - Lauren Vaught and Terri Edwards
	2E: Assisting Behavior Change in the Clinical Setting - Christine Miles, MSW, LCSW and Marit D Weikel, LPC
	2F: How to Prescribe Exercise, Nutrition and Stress Management Effectively in Your Practice - Danna Park, MD and Chad Krisel, MD
3:45-4:00	Break
4:00-5:00	The Mind Body Connection: Emotional Wellness and MBSR - Scott MacGregor, MS, LPC, CFLE
5:00-5:15	Closing Remarks/Q&A

Friday, October 6, 2017

Time: Registration: 7:30 am – 8:00 am
Program: 8:00 am – 5:15 pm

Place: MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd., Asheville, NC

Fee: \$145.00 for physicians
\$95.00 for APPs, RNs and community members
\$75.00 for undergraduate, graduate and medical students (proof of enrollment required at check-in)
\$75.00 for CHIP and Ornish Program participants (limited availability)
\$50.00 for MAHEC employees (limited availability)

Program Faculty

MICHAEL GREGER, MD, FACLM

A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger, MD, is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous “meat defamation” trial. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. His latest book *How Not to Die* became an instant New York Times Best Seller. He has videos on more than 2,000 health topics freely available at NutritionFacts.org, with new videos and articles uploaded every day.



NICK BUETTNER

Nick’s work with the Blue Zones expedition team provided him a first hand, in person glimpse of these “Blue Zones” — places that have the greatest life expectancy and where more people reach age 100 than anywhere else in the world. Using National Geographic photography and a dynamic, storytelling delivery, Nick takes audiences to these longest-lived cultures, shares his own observations from the field, and provides groups with ideas to immediately increase their own well-being. Nick was also Executive Producer of the Blue Zones expeditions to Okinawa, Costa Rica and Ikaria. As a leader on the Blue Zones team, Nick collaborated with Good Morning America, CNN, AOL, WCCO and the National Geographic Channel to produce live events from remote locations throughout the world.



BRIAN ASBILL, MD, FACC

Originally from Columbia, SC which he saw as being half way to the beach and half way to the mountains, Dr. Asbill graduated from Davidson College in 1990 and the Medical University of South Carolina in 1994. He completed his residency in internal medicine at the University of Virginia where he met his wife, who also practices medicine in Asheville. He joined Asheville Cardiology Associates in 2001 after finishing his cardiology fellowship at MUSC. He is also boarded in lipidology and was the first registrant in the world for the inaugural board examination in lifestyle medicine that is to be held in October 2017! He is hoping to transition from full time cardiology to a more lifestyle medicine based practice in the coming years. As he says, “you only live once!”



JENNIFER TRILK, PHD

Jennifer Trilk, PhD, is an Assistant Professor of Physiology and Exercise Science at University of South Carolina School of Medicine Greenville, and she is a national leader in incorporating Lifestyle Medicine into all four years of the medical school curriculum. Dr. Trilk was awarded the F32 Ruth L. Kirschstein National Research Service Award (F32HD066924) to examine the associations of physical activity, cardiorespiratory fitness and Nonalcoholic Fatty Liver Disease in U.S. adolescents using national survey data (NHANES 2003-2006). Dr. Trilk has presented at national and international conferences on exercise physiology and has published several articles that include examining the effects of exercise on lipid metabolism and the cardiovascular system in adults, promoting physical activity in adolescents in the school and community, and investigating international policies to increase physical activity in children and youth.

LAUREN VAUGHT

Lauren Vaught, Director of Edible Musings, started writing in 2015 to share her passion for creating healthy, nutrient rich and delicious recipes. She wanted to encourage others to adopt a more healthful approach to eating. Lauren is certified in plant-based nutrition from the T. Colin Campbell course. She provides cooking classes/demos, individual consultation, meal planning, and grocery adventures.

TERRI EDWARDS

Terri Edwards, of EatPlantbased.com, is a Food for Life instructor with the Physicians Committee for Responsible Medicine. She has been certified through eCornell in Plant Based Nutrition. She offers classes as well as other services including an extended online support program, in-home cooking instruction, pantry raids, and private grocery shopping trips.

CHRISTINE MILES, MSW, LCSW

Christine Miles, MSW, LCSW is an employee of Mission Health and has been for the past seven years. Six of those years were spent providing mental health counseling to patients and families on all medical floors (Licensed Clinical Social Worker II) and one year in Heart Path, cardiac and pulmonary rehab. While there she educated participants on the mind/body connection and importance of stress management for physical and emotional wellness as well as provided one-on-one counseling support as the Behavioral Health Consultant and as a Group Support Specialist for the Dr. Dean Ornish Lifestyle Medicine Program.

MARIT D. WEIKEL, LPC

Marit D. Weikel is a licensed professional counselor (LPC) in the state of North Carolina and a national certified counselor (NCC). She is a Certified Health and Wellness Coach from Wellcoaches, Inc. Prior to starting Weikel Health and Wellness she worked at the world renowned Duke Diet and Fitness Center as a behavioral health clinician and lifestyle coach. There she gained expertise in weight management and health promotion.

DANNA PARK, MD, FAAP, FACP

Danna Park, MD, FAAP, FACP, specializes in Integrative Medicine, Internal Medicine and Pediatrics. Dr. Park received her MD degree from Tufts University School of Medicine and completed a combined residency in Internal Medicine and Pediatrics at Baystate Medical Center in Springfield, MA. She is Board-certified in both specialties. Dr. Park is the director of Mountain Integrative Medicine, PLLC, an integrative medicine consultation practice in Asheville, NC. She provides integrative medicine consultations and care for adults and children for a variety of acute and chronic medical conditions. From 2009 to 2013, Dr. Park served as the Medical Director of the Integrative Healthcare Department at Mission Hospital, successfully establishing their clinical Integrative Medicine programs.

CHAD S. KRISSEL, MD

Chad Krisel, MD, earned an undergraduate degree in environmental science with minors in religious studies and natural resource ethics from the University of Florida. Seeking to combine this education with his passion for serving others, he then pursued a medical education at Florida State University. In addition to Integrative Medicine, Dr. Krisel has practiced urgent care at Asheville's Sisters of Mercy. He was previously the medical director of Three Streams Family Health Center, which is a clinic whose main focus is providing medical care to the impoverished population of Asheville. Chad is board certified in Family Medicine and Holistic/Integrative Medicine. He has completed post graduate studies in medical acupuncture through the UCLA school of medicine. He has also completed the roots of herbalism course through the Chestnut School of Herbal Medicine.

SCOTT MACGREGOR, MS, LPC, CFLE

Scott MacGregor, MS, LPC, LCAS, CFLE, is a licensed clinical therapist and stress reduction educator with over fifteen years of meditation practice including retreats for mindfulness, meditation in medicine and research, insight meditation, and spiritual reflection. He has participated in professional training under the direction of Dr. Jon Kabat-Zinn at UMASS Medical School's Center for Mindfulness and is trained in the Mindful Schools curriculum.

Committee

Brian Asbill, MD, FACC
Cardiologist, Asheville Cardiologist Associates
Mission Health

Frank Castelblanco, DNP, RN
Director, Division of Regional Services | MAHEC

Melody Hays, MA
CE Planner | MAHEC

Ronnie Metcalf, EdD, RN, ONC
CE Planner | MAHEC

Barbara Warren, MSW, LCSW, LCAS-A, CFT
CE Planner | MAHEC

Credit

Continuing Medical Education

Accreditation: The Mountain Area Health Education Center (MAHEC) is accredited by the North Carolina Medical Society to sponsor continuing education for physicians.

Credit: The Mountain Area Health Education Center designates this educational activity for a maximum of 7.75. 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.

7.75 CNE Contact Hours

This continuing nursing education activity was approved by the Mountain Area Health Education Center's Department of Nursing Education, an accredited approver by the American Credentialing Center's Commission on Accreditation.

Participants must attend entire activity to receive credit. No partial credit is given for this activity.

MAHEC adheres to the ANCC/ACCME Standards regarding industry support to continuing nursing education. Disclosure of presenters, planners, and commercial support relationships, if any, will be made known at the time of the activity.

Psychologists:

MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance is required to receive credit from the NC Psychology Board. 7.75 hours.

Continuing Education Units

The Mountain Area Health Education Center designates this continuing education activity as meeting the criteria for 0.8 CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours

MAHEC designates this continuing education activity as meeting the criteria for 7.75 Contact Hours. Full attendance is required.

Medical Course Director

Brian Asbill, MD, FACC
Cardiologist, Asheville Cardiologist Associates
Mission Health

Registration

Early Registration Deadline: September 29, 2017

Fee: \$145.00 for physicians
\$95.00 for APPs, RNs and community members
\$75.00 for undergraduate, graduate and medical students
(proof of enrollment required at check-in)
\$75.00 for CHIP and Ornish Program participants
(proof of enrollment required at check-in; limited availability)
\$50.00 for MAHEC employees (limited availability)

Registration includes educational materials, breakfast at check-in, lunch, and refreshments. If registration is received after September 29th, the total will be the registration fee + \$15.00.

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 or full credit toward a future MAHEC program unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. Substitutes are welcome but please notify us in advance of the program. All cancellations must be made in writing (fax, mail, or email).

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Directions

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

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left and continue up the hill 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 and continue up the hill to the MAHEC Biltmore Campus.

Lodging

A block of rooms has been reserved for this conference at the all new Hampton Inn and Suites adjacent to the MAHEC Mary C. Nesbitt Biltmore Campus. If reserving by phone, mention Lifestyle Medicine Conference when making arrangements.

Bookings must be made by September 12, 2017 to be eligible for this special rate of \$191.00 per night.

Room details: 2 queen beds with fridge; no smoking room.

[Hampton Inn reservation page for this conference](#)

We highly recommend that you make reservations early. Hotel rooms in Asheville fill quickly in the fall months.

Photography

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes unless prior written notification is given by individual attendees.

Meals

All conference meals and snacks will be plant-based and provided by local vendors.

Have a question?

CE Planner:
Melody Hays, MA
melody.hays@mahec.net

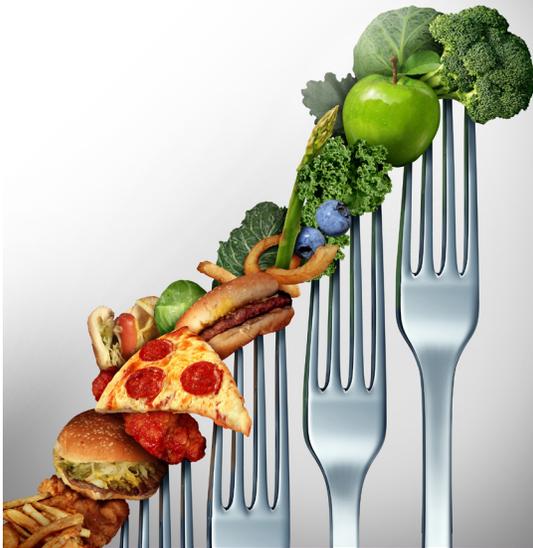


Special Services:
828-257-4485

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

2017 LIFESTYLE MEDICINE SYMPOSIUM: REDEFINING HEALTH CARE



Updated contact info

Name _____

Credentials _____

Social Security # ~~XXX-XX-~~ _____ (last 4 digits required)

Occupation _____

E-mail 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 emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

EARLY REGISTRATION FEES thru Sept. 29, 2017:

after Sept. 29TH

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> \$145.00 for physicians | <input type="checkbox"/> \$160.00 |
| <input type="checkbox"/> \$95.00 for APPs, RNs and community members | <input type="checkbox"/> \$110.00 |
| <input type="checkbox"/> \$75.00 for undergraduate, graduate and medical students (proof of enrollment required at check-in) | <input type="checkbox"/> \$90.00 |
| <input type="checkbox"/> \$75.00 for CHIP and Ornish Program participants (limited availability) | <input type="checkbox"/> \$90.00 |
| <input type="checkbox"/> \$50.00 for MAHEC employees (limited availability) | <input type="checkbox"/> \$65.00 |

Breakout Session #1 (Choose one)

- 1A. The Plant-Based Kitchen
 1B. Assisting Behavior Change in the Clinical Setting
 1C. How to Prescribe Exercise, Nutrition and Stress Management Effectively in Your Practice

Breakout Session #2 (Choose one)

- 2D. The Plant-Based Kitchen
 2E. Assisting Behavior Change in the Clinical Setting
 2F. How to Prescribe Exercise, Nutrition and Stress Management Effectively in Your Practice

PAYMENT

Check is enclosed Credit card info provided

Account # _____

Exp _____ / _____ Security code #16ID001/46830

Name on Card _____

Signature _____

Send completed registration form to:

MAHEC Registration, 121 Hendersonville Rd.
 Asheville, NC 28803 | Fax to 828-257-4768