

## OBJECTIVES

- Identify health needs of attendees through health screening.
- Discuss results of health screening and align with normal rhythms of life.
- Discuss healthy routines towards proper digestion cycles and rhythms.
- Describe ovarian and pituitary hormones roles in a healthy woman's monthly ovulatory cycles.
- Recognize changing stages of hormonal cycling throughout a woman's life.
- Understand the important inter-regulating relationships between hormones of ovarian, adrenal, thyroid, pituitary, and pancreatic islet cell origin.
- Discuss creative options for exercise and body movement.
- Identify sleep cycles and patterns and their influence toward Wellness.
- Identify healthy heart quality and the rhythms of healthy living.
- Describe the use of music therapy towards healing and wellness.

## CREDITS

**Course Number:** CE18801008

**Nursing Contact Hours:** 6.8

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, 2009. Provider Number: ABNP0278.

**Social Work Contact Hours:** 5.6

**Pharmacy Contact Hours:** 5.5

**Dietician:** 6.0

**Respiratory Therapy Contact Hours:** 6.8

## UPCOMING EVENTS

February	7	AORN Potpourri
February	18	Cardiology Conference
February	28	Rheumatology Conference
March	6	Alzheimers Conference
March	13 & 14	OCN Review

For further information about Huntsville Hospital classes, go to [www.huntsvillehospital.org](http://www.huntsvillehospital.org) or call 256.265.8025.



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



Huntsville Hospital's Corporate University  
present

# 2009 6TH ANNUAL WELLNESS

## CONFERENCE:

# Keep the Rhythm!

for Healthcare Professionals & the Community

Friday, January 30th, 2009

7:30 a.m. - 2:45 p.m.

(Free optional health screenings starting at 6:45am)

Huntsville, Alabama



 HUNTSVILLE HOSPITAL

# AGENDA

Huntsville Hospital's Corporate University is offering a one-day continuing education on wellness on Friday, January, 30, 2009.

## 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:** The parking lot is now relocated at the corner of Longwood Dr. and Harvard St. Visit [www.huntsvillehospital.org/educationandevents/corporateuniversity](http://www.huntsvillehospital.org/educationandevents/corporateuniversity) for a map indicating the location of the parking.

6:45am–8:00am Registration & Free Health Screenings (optional):

- Blood Pressure/Pulse, • Height/Weight-BMI,
- Cholesterol/Glucose test, • Bone Density,
- Pulmonary Function • Mini-EKG

Continental Breakfast and Exhibits

8:00am–8:15am Movement Therapy - *Breathe Life*

8:15am–9:05am *Getting in Sync* - Ralph Carson

9:05am–9:20am Movement Therapy - *Feel the Stretch*

9:20am–10:10am *The Body Rhythms* - Terry Wingo

10:10am–10:30am Break/Exhibits & Completion of Health Screenings

10:30am–10:45am Movement Therapy - *Center Yourself*

10:45am–11:35am *Sleep Cycles* - Robert Serio, M.D.

11:35am–12:15pm Lunch (provided) and Exhibits

12:15pm–12:30pm Movement Therapy - *Roll with It*

12:30pm–1:20pm *Your Heart Beat* - Charles Burns, M.D.

1:20pm–1:35pm Movement Therapy - *Muscle Up*

1:35pm–2:25pm *The Music in Your Life* - Jeannette Leggett

2:25pm–2:40pm Movement Therapy - *Express the Joy*

2:40pm–2:45pm Closing Comments & Evaluations

# SPEAKER INFORMATION

## Charles Burns, MD

Dr. Burns is board-certified in Internal Medicine with specialties in Cardiovascular Diseases and Interventional Cardiology. He practices at The Heart Center in Huntsville, Alabama and manages the Cardiac Rehabilitation program at the Medical Mall Wellness Center.

## Ralph Carson, R.D., B.S., B.H.S., Ph.D.

Dr. Carson is an internationally recognized clinical nutritionist and exercise physiologist. He is the cofounder, Chief Science Officer and Vice President of product development for Monarch Health Sciences, Inc. Dr. Carson currently manages Oprah Winfrey's web page on eating disorders and is the consultant for Pine Grove's eating disorder program, The Women's Center in Hattiesburg, Mississippi. He received his BS at Duke University and PhD. Nutrition at Auburn.

## Pam Herdy, MA, BA, RN, CRRN

Ms. Herdy works at HealthSouth Rehab. Hospital in Huntsville, Alabama, as the Director of Case Management, Admissions and Marketing. She's a certified NIA instructor, teaches yoga, and is a fitness consultant.

## Jeannette Leggett, M.T./B.C.

Mrs. Leggett began her music therapy career in Columbia, SC where she worked in a hospital setting in pediatric oncology, in-patient pediatrics. After her move to Alabama, she provided an outpatient Music Therapy to clients of Huntsville Hospital's pediatric therapy program. She worked with a variety of special needs children, including a group of autistic children.

## Robert A. Serio, MD

Dr. Serio practices pulmonary and sleep medicine in Huntsville, Alabama. He is the medical director of the Madison Sleep Center of Huntsville Hospital and is certified in sleep medicine by the American Board of Internal Medicine.

## Terry Wingo, Pharm. D

A graduate of Auburn University, Mr. Wingo has practiced in independent community pharmacy settings since 1975. He currently owns Madison Drugs, a compounding and natural products specialty practice in Huntsville, Alabama, as well as a traditional community pharmacy in Lacey's Spring.



# REGISTRATION

Registration deadline for the Wellness Conference is Thursday, January 29, 2009. Partial credit not awarded. No refunds after January 30, 2009. 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 Employee Only)

M.D.  R.N.  Social Worker  Others \_\_\_\_\_

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone and/or Email Address

Non-Employee of Huntsville Hospital	\$70.00
Employee of Huntsville Hospital and Athens/Limestone Hospital	\$50.00
HGA Employee	\$60.00

Are you interested in the Free Health Screenings?  
yes  no

## 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**

*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.