

OBJECTIVES

- Discuss the importance of a healthy digestive tract and the food we send through it
- Understand the influence of what we eat on the absorption of nutrients into the body
- Understand the financial impact on overall wellness
- Discuss the various financial options to become financially stable
- Explain the relationship of hormonal balance and general health and well being
- Discuss the role of Cortisol in normal metabolism.
- Discuss the reason that lead to stress and how to bring tranquility into the home
- Explore practical and effective ways to make exercise fun.
- Discuss the positive impact exercise has on your energy level.
- Discuss practical principles of exercise and weight loss.
- Encourage attendees to make beneficial and healthy lifestyle changes
- Create action steps for a workable personalized wellness plan
- Validate the concepts presented throughout the conference as part of a proactive wellness philosophy
- Prepare attendees to optimize the information presented for greater life balance

CREDITS

Course Number: CE15201207

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.

Nursing/Physical Therapy*/Respiratory Therapy Contact

Hours: 7.0

Social Workers/ Pharmacy*/ Dieticians* Contact Hours: 5.8

**credits still pending approval*

Attention Non-Employees of Huntsville Hospital: You must bring your nursing license number to receive credit for attending. Please present your number at sign-in for the activity. The Alabama Board of Nursing now requires that approved providers submit records of contact hours along with your nursing license number.

UPCOMING EVENTS

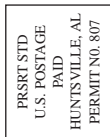
Feb. 16, 2008 *Cardiology Update*

March 1, 2008 *AORN Conference*

March 7, 2008 *Alzheimers Conference*

March 7-8, 2008 *OCN Review*

For further information about CE 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

2008

5th ANNUAL WELLNESS CONFERENCE:

Bring It Home!

Saturday, January 26th, 2008

7:30 a.m. - 3:15 p.m.

Huntsville, Alabama



HUNTSVILLE HOSPITAL

AGENDA

Please join Huntsville Hospital's Corporate University for a one-day continuing education on wellness topics, Saturday, January 26, 2008.

Conference will be held at

HUNTSVILLE HOSPITAL'S CORPORATE UNIVERSITY
AT THE DOWDLE CENTER
109 Governors Drive • Huntsville, Ala • 256.265.8025
(Corner of Gallatin St. & Governors Dr.)

Note: Construction is ongoing on Governors Drive and on the Dowdle Center's parking lot. It is recommended for Huntsville Hospital employees, to park in their designated employee parking garage. For other attendees, you will be directed to another parking lot and can use the complimentary shuttle. Please call ahead for more details.

7:30am–7:55am Registration & Continental Breakfast

7:55am–8:00am Welcome

8:00am–8:10am Movement Therapy - *Breathe Life*
8:10am–9:00am *It's a Gut Feeling* - Joseph Brasco, MD

9:00am–9:10am Movement Therapy - *Feel the Stretch*
9:10am–10:00am *Fixing the Money Pit*
Richard Goldman

10:00am–10:20pm Break & Exhibits

10:20pm–10:30pm Movement Therapy - *Center Yourself*
10:30pm–11:20pm *Is it Hot in Here?*-
Elizabeth Stanfield, RN

11:20pm–12:10pm Lunch with a Show!

12:10pm–1:00pm *The Peaceful Home* - Trudy Gardner

1:00pm–1:10pm Movement Therapy - *Roll with It*
1:10pm–2:00pm *Make it Fun* - Mark Noble

2:00pm–2:10pm Movement Therapy - *Express the Joy*
2:10pm–3:00pm *Tie it All Together* - Karen Doehrman

3:00pm–3:15pm Closing Comments & Evaluations

Attire for the conference is casual, active wear. You may want to bring a light sweater or jacket to ensure your comfort in meeting rooms.

SPEAKER INFORMATION

Joseph Brasco, MD

Dr. Brasco specializes in Gastroenterology. He is with The Center for Colon & Digestive Disease (CCDC) in Huntsville, Alabama. He co-wrote several books on healthy nutrition.

Karen Doehrman

Mrs. Doehrman is a certified life and wellness coach and a certified personal trainer. She is employed by Huntsville Hospital as the CME Specialist in Corporate University

Trudy Gardner

Mrs. Gardner combines her love of color and design with the ancient interior design philosophy of Feng Shui to create personalized, serene, and productive spaces in the living and working environments of her clients.

Richard Goldman

Mr. Goldman has been in the financial services industry for over 15 years. Currently, he is a registered investment advisor and a retirement counselor for Fidelity Investments in their Tax Exempt Markets division.

Pamela Herdy, MA, BA, RN, CRRN

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

Sallye Elliott

Mrs. Elliott teaches basic and intermediate bellydance classes in Huntsville and Madison, and directs her student troupe, Nalah Caravanserai. Sallye enjoys creating their choreographies and her own solo works.

Mark Noble

Mr. Noble has over 20 years experience in performance consultant enhancement. Currently, he is employed at the Huntsville Hospital Sports Center as SportsMax program designer and sports performance specialist.

Elizabeth Stanfield, RN

Mrs. Stanfield is a certified registered nurse practitioner. She is currently the Student Health Services Manager for UAH. Mrs. Stanfield was a nurse practitioner for a large OB/GYN practice in Huntsville and also a Health Educator for Huntsville Hospital for Women and Children.

REGISTRATION

Registration deadline for the Wellness Conference is Friday, January 25, 2008. Partial credit not awarded. No refunds after January 26, 2008. 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)

R.N. L.P.N. Social Worker Others _____

Address

City State Zip

Phone and/or Email Address

Non-Employee of Huntsville Hospital	\$75.00
Employee of Huntsville Hospital/Students and Retired Nurses	\$55.00
HGA Employee	\$65.00

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

Please note: Conference seating is limited. Registrations are processed in the order in which they are received.