

OBJECTIVES

- Identify health needs of attendees through health screening, to include blood pressure, cholesterol, blood sugar, BMI, and bone density.
- Discuss how the brain works on willpower and self-control.
- Discuss new developments in skin protection measures.
- Describe how to monitor moles, sun damage and identifying pre-cancerous cells.
- Recognize the important role that hormones play in mental health.
- Understand the importance of physical exercise and how it relates to brain function.
- Discuss creative options for exercise and body movement.

CREDITS

Course Number: CE21181109

Nursing Contact Hours: 4.0

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.

Social Work Contact Hours: 3.3

Pharmacy Contact Hours: 3.3

Respiratory Therapy Contact Hours: 4.0

Dietitians & Dietetic Technicians Contact Hours: 3.5

UPCOMING EVENTS

February	20	AORN Potpourri
February	27	Cardiology Conference
March	27	Neurology Conference
May	14	Alzheimers Conference
June	26	Gastroenterology Conf.

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

2010

7TH ANNUAL WELLNESS

CONFERENCE:

Get a head start!

for Healthcare Professionals & the Community

Friday, February 12th, 2010

7:30 a.m. - 12:45 p.m.

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

Huntsville, Alabama



H HUNTSVILLE HOSPITAL

AGENDA

Huntsville Hospital's Corporate University is offering a one-day continuing education on wellness on Friday, February 12, 2010.

**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 for a map indicating the location of the parking.

- 6:30am–8:00am Registration & Free Health Screenings (optional):
- Blood Pressure/Pulse, • Height/Weight-BMI,
 - Cholesterol/Glucose test, • Bone Density,
 - Pulmonary Function • Mini-EKG
- Continental Breakfast/Exhibits/mini-massages
- 8:00am–8:15am Movement Therapy - Pam Herdy - *Meditation*
- 8:15am–9:05am The Impact of Willpower on the Overall Health
Geneva Llewellyn
- 9:05am–9:20am Movement Therapy - *Mind Lift*
- 9:20am–10:10am Skin Health and Issues - Kelly Alcorn
- 10:10am–10:30am Break/Exhibits & Completion of Health Screenings
- 10:30am–10:45am Movement Therapy - *Stretch it Up*
- 10:45am–11:35am The Influence of Hormones on The Brain
Elizabeth Stanfield
- 11:35am–11:45pm Movement Therapy - *Laugh*
- 11:45pm–12:35pm Maintain your Brain - Karen Motz
- 12:35pm–12:40pm Closing Comments & Evaluations
- 12:40pm–12:45pm Movement Therapy - *Express the Joy*

SPEAKER INFORMATION

Kelly S. Alcorn, RN, BSN

Mrs. Alcorn is a registered skin health nurse specialist at Dunagan, Yates & Alison in Huntsville, Alabama. Her experience include skin health consultations and evaluations and medical skin care treatment.

Geneva Llewellyn, RN, MSN, CCRN, CCNS

Mrs. Llewellyn is a Clinical Nurse Specialist for Neuro ICU, the Neuro Progressive Care and the Neuro Spine/Neuro Surgery departments at Huntsville Hospital in Huntsville, Alabama. She is part of the stroke team and educate the community on Stroke Recognition and risk factor reduction.

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.

Karen Motz

Mrs. Motz works at the Alabama Chapter of the Alzheimers Association in Huntsville, Alabama. She is responsible for creating and implementing educational programs throughout North Alabama.

Elizabeth Stanfield, CRNP, MSN

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 Thursday, February 11. Partial credit not awarded. No refunds after February 12. 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	\$50.00
Employee of Huntsville Hospital and Athens/Limestone Hospital	\$40.00

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.