

## OBJECTIVES

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

- Use key strategies to deal with stress and emotional eating.
- Make better wardrobe choices for their body type and size.
- Understand your new body after bariatric surgery.
- Learn how to eat healthy for continued weight loss and/or maintenance.
- Prepare bariatric friendly meals.
- Know the importance of physical activity and the types of exercise to target specific areas.

## CREDITS

**Course Number:** CE26181211

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:** 5.0

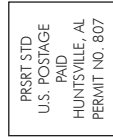
Dietetic and Physical Therapy credits applied for.

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

## UPCOMING EVENTS

- April 14 – Neurology & Neurosurgery Conference
- June 30 – Gastroenterology Conference
- July 21 – Pulmonary Conference
- July 28 – Sports Medicine Conference
- August 25 – Vascular Conference
- September 22 – Medical/Surgery Conference
- September 28 – Psychiatric Conference
- October 12 – Infection Prevention Conference
- October 19 – Perinatal Conference
- November 2 – Diabetes Conference

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



The Huntsville Hospital Clinical Practices presents

# 2012 BARIATRIC WORKSHOP: *Getting the Most Out of Bariatric Surgery*

Saturday, March 17, 2012

8:00 a.m. - 1:00 p.m.

At the Huntsville Hospital  
Dowdle Center in Huntsville, AL



**HH** HUNTSVILLE HOSPITAL

# AGENDA

Huntsville Hospital Clinical Nurse Practice is offering a one day continuing education conference on Bariatric topics on Saturday, March 17, 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](http://www.huntsvillehospital.org) for a map indicating the location of the parking.

8:00am-8:30am	Registration, Continental Breakfast & Exhibits
8:30am-9:30am	<u>Managing Emotions and Developing Coping Skills</u> Sue Bunnell
9:30am-10:30am	<u>Dressing for the New You</u> Joyce Cole
10:30am-10:45am	Break & Exhibits
10:45am-11:30am	<u>Exercise: Just Another Tool</u> Allen Walters
11:30am-12:55pm	<u>Nutrition: Putting the Pieces of the Puzzle Together</u> - Linda Steakley ( this session includes cooking demonstration by Chef Keith Sipek)  Lunch prepared by Chef Sipek
12:55pm-1:00pm	Evaluations & Closing Comments

# SPEAKER INFORMATION

## Joyce Cole

Mrs. Cole is a personal shopper at the store, Belk, in Huntsville, Alabama. She assists customers build any type of wardrobe they desire-professional, casual, or dressy. This service, which is available at no charge, is to help customers save time and energy and truly enjoy shopping.

## Sue Cox Bunnell, RN, CHSP, CBN

Mrs. Bunnell is the Bariatric Manager at Princeton Baptist Health System in Birmingham, Alabama. She maintains the necessary elements for Center of Excellence for Princeton Bariatric Surgical Program and provides community education related to obesity.

## Keith Sipek

Mr. Sipek is the Executive Chef at Huntsville Hospital in Huntsville, Alabama. He oversees all food operations for the healthcare facility which include meals for patients, families and also special events. He has over 22 years of culinary experience.

## Linda Steakley, MS, RD

Mrs. Steakley is a Registered and Licensed Dietitian at Huntsville Hospital Wellness Center where she does nutrition counseling and classes specializing in weight management, eating disorders and wellness. She is also responsible for the nutrition intervention of the bariatric surgical patients pre and post operatively. Linda developed and authored FitWeigh, an adult weight management program and Way To Go Kids Nutrition and Fitness Program for overweight kids. Both programs are used at all 3 Huntsville Hospital Wellness Centers as well as nationally.

## Allen Walters, MEd, ATC/LAT

Mr. Walters is currently working as Athletic Trainer for the Huntsville Hospital SportsCenter in Huntsville, Alabama. He is a NATA Certified Athletic Trainer. Previously, he worked as Head Athletic Trainer for Shelby Baptist Sports Medicine Program in Pelham, Alabama.

# REGISTRATION

Registration forms for the 2012 Bariatric Workshop must be postmarked by March 15; faxed registration deadline is March 15, 12pm. Partial credit not awarded. No refunds after March 16. 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.  L.P.N.  Other \_\_\_\_\_

\_\_\_\_\_  
Address

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

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

Employees of Huntsville Hospital and affiliate hospitals	\$30
Non-employees	\$40
Spouses/Partners	\$30

## 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.