

2023 Health & Wellness Teaching Day

REGISTRATION: *(please print)*

NAME

ADDRESS

CITY STATE ZIP

PHONE

EMAIL ADDRESS

REGISTRATION FEE: *(please check below)*

ALL ATTENDEES \$50

Medical Residents/Students
in Health Careers *(limited amount)* \$10

PAYMENT OPTIONS:

Check payable to: UHS Hospitals

(include Health & Wellness Teaching Day in memo line)

Charge to my Credit Card:

Visa Master Card

Discover American Express

Account #

Exp. Date: Security Code:

Signature:

MAIL REGISTRATION FORM TO:

Kayla Velie
UHS Employee Health Office Binghamton
33 Mitchell Avenue, Suite 202, Binghamton, NY 13903
Registration and payment is due by September 14, 2023.

CREDIT:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of SUNY Upstate Medical University and United Health Services Hospitals. SUNY Update Medical University is accredited by the ACCME to provide continuing medical education for physicians.

SUNY Upstate Medical University designates this live activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

In addition, dietitians may also claim this credit. This teaching day is also an approved provider by the New York State Board of Physical Therapists for 6.0 contact hours.

REFUNDS/VERIFICATION:

Registration may be verified by calling **607-763-6600**.

A full refund of your registration fee is available by written request or by calling 607-763-6600.

DIRECTIONS:

DoubleTree by Hilton Hotel & Conference Center
225 Water Street, Binghamton, NY • (607) 722-7575

From I-81 Northbound: Exit 5 (Front Street). Turn left onto Front Street, straight to East Clinton Street and turn left. Go over bridge and turn right onto Water Street. Hotel will be on your right.

From I-81 Southbound: Exit 5 (Front Street). Turn left onto Front Street, straight to East Clinton Street and turn left. Go over bridge and turn right onto Water Street. Hotel will be on the right.

From NY-17 Eastbound: Exit 72 (Front Street). Right at light onto Front Street. Turn left at third traffic light onto East Clinton Street. Go over bridge and turn right onto Water Street. Hotel will be on the right.

From NY-17 Westbound: 17 West to 81 North Exit 5 (Front Street). Turn left onto Front Street, straight to East Clinton Street and turn left. Go over bridge and turn right onto Water Street. Hotel will be on the right.

From I-88 Westbound: Follow I-88 to I-81 South Exit 5 (Front Street).
(See above)

From Binghamton Regional Airport: Follow Airport Road (turns into Stella Ireland Road). Go through three traffic lights and take exit onto Route 17 East.
(See above)

Note: *This program has no commercial support.*

UHS/LS/06/08/23/8C



Employee Health Office Binghamton
33 Mitchell Avenue, Suite 202
Binghamton, New York 13903

ADDRESS SERVICE REQUESTED

Non-Profit Organization
U.S. Postage
PAID
Binghamton, NY
Permit No. 175



2023 Health & Wellness Teaching Day Onward and Upward: Building a Healthy Future Together



Presentations on:

*Medical Cannabis
Healthy Living for your
Brain and Body
Stress and Resilience
Eating Disorders
Chronic Disease
Management
Sleep Health*

**Thursday,
September 21, 2023**

**Teaching Day
8:00am–4:30pm**

*DoubleTree by Hilton
Hotel & Conference Center
225 Water Street
Binghamton, New York*

**Scan this
QR code to
register online:**



2023 Health & Wellness Teaching Day

Following this activity participants will be able to:

1. Identify components of physical, mental and emotional well-being and strategies to build resilience.
2. Discuss significance of sleep and its impact on various aspects of health.
3. Demonstrate empathy and understanding towards individuals facing physical and emotional challenges.

INTENDED TEACHING DAY AUDIENCE

Health care providers, physicians, counselors, dietitians, nurse practitioners, nurses, physical therapists, physician assistants, social workers, students, teaching professionals

TEACHING DAY AGENDA – Thursday, September 21, 2023

Ballroom, First Floor

- 8:00am** **Registration / Breakfast / Pretest**
- 8:45am** **Introduction / Collect pre-tests**
- 9:00am** **Medical Cannabis 101**
Alexa Valentine, PharmD and Karissa Stoyell, PharmD
- 10:00am** **Healthy Living for your Brain and Body**
Samantha Weeks
- 11:00am** **Stress and Resilience: The Ability of Individuals and Groups to Recover from Adversity**
Dr. Joseph McCann, PsyD, JD
- 12:00pm** **Lunch / Vendors / Wellness Activity**
- 1:00pm** **The Rise in Eating Disorders: An Unexpected Consequence of the Pandemic**
Julie Lee, MS, RD, CDN
- 2:00pm** **Building Skills for Healthier Futures: How Self-Management Education Benefits Community Health**
Wendy Hitchcock
- 3:00pm** **Afternoon Break**
- 3:15pm** **Make Sleep your Best Friend**
Dr. Maciej Nowakowski, MD
- 4:15pm** **Post-test / Evaluations / Wrap up**

Seminar Faculty

Alexa Valentine, PharmD
Staff Pharmacist
Vireo Health

Karissa Stoyell, PharmD
District Manager
Vireo Health

Samantha Weeks
Program Manager
Alzheimer's Association
Central NY Chapter

Julie Lee, MS, RD, CDN
Campus Dietitian
Binghamton University

Joseph T. McCann, PsyD, JD
Clinical Psychologist
UHS Psychiatry

Wendy Hitchcock
Coordinator of Community
Health Education
Rural Health Network of
South Central New York

Maciej Nowakowski, MD
Medical Director
UHS Sleep Center

Also sponsored by:

Excellus Blue Cross Blue Shield

Southern Tier Academy of Nutrition & Dietetics

UHS Foundation

UHS Department of Food and Nutrition

UHS Physical Therapy and Rehabilitation

UHS Population Health Department

UHS Sports Performance

UHS Sleep Center

PLANNING COMMITTEE

Anne DePugh, RN, BSN, MPH
System Director
UHS Population Health

Kathryn Egan, PT
Physical Therapist
UHS Employee Health

Bethlehem Emmons-Post, MS, PA-C, TPM
Trauma Program Manager
UHS Trauma Services

Megan McClure, LMSW
Manager, Medical Social Work
UHS Binghamton General Hospital
Care Management

Toni Nash, MSN, RN
Director of UHS Nursing Education
& Professional Practice

Rebecca Robins, MSL, RD, CDN, FAND
Clinical Dietitian
UHS Oncology

Ann Teng, DO
Physician
UHS Occupational Medicine

Kayla Velie, MS
Manager of UHS Medical Command
Center & Wellness

Linda Wasser, OTR/L
Physical Therapy & Rehabilitation Director
UHS Physical Therapy and Rehabilitation

Jaclyn Zindell, MHA, RD, CDN
Clinical Nutrition Coordinator
UHS Food & Nutrition