

16th Annual Wellness Across the Age Spectrum Conference | 10/4/2019 8:00:00 AM Toledo OH

This conference will focus on attaining wellness across the age spectrum through an integrative, holistic approach. Presentations by regional and local experts will include evidence-based information on complementary and conventional therapies. This year’s focus is on the alternative approaches to mental health, including the following topics: Promoting Wellness Without Pill and Potions; In Search of Fountain of Youth; Integrative Medicine Approach to Brain Health; Horticultural Therapy Effects on Mental Health; Tapping; Herbal Medicine for Good Mental Health; and How to Fight Burnout and Stress Through Leisure and Play.

Program Goal:

Objectives

4632. Review latest clinical research on exercise and its impact on overall mental and physical health.

4633. Cite morbidity and mortality prevention research related to engaging in comprehensive or multiple lifestyle changes.

4634. Discuss novel options for protecting health care professionals from ancillary sources of potential stress, which includes identity theft prevention and maximizing retirement goals.

4635. Describe clinical impact of common postural and physiologic changes that occur with aging.

4636. Cite ways in which exercise and diet can reverse effects of aging.

4637. Identify "Power of Nine" interventions for living longer and healthier life.

4638. Review common types of dementia and degenerative brain disease.

4639. Identify common triggers for brain impairment.

4640. Explain integrative medicine approach.

4641. Review importance of sleep for brain health.

4642. Discuss simple measures that support brain and overall health.

4643. Define and discern horticultural therapy and therapeutic horticulture as a role in mental health.

4644. Recognize how nature and horticulture work on the brain during horticultural therapy.

4645. Discuss horticultural therapy techniques that can be used in mental health practices.

4646. Describe benefits of tapping, or EFT (Emotional Freedom Techniques).

4647. Discuss history of tapping.

4648. Demonstrate tapping techniques.

4649. Discuss traditional and scientific uses of herbs.

4650. Identify herbs and natural supplements that effect mental health.

4651. Cite evidence behind benefits of herbs and natural supplements.

Target Audience:

Faculty: Mary Beth Crawford, MD, FACEP, FAAEM

Mounir Elkhatib, MD

Mark J Gloth, DO, CMO

Julie Lengfelder, PhD

Yufang Lin, MD, FACP, FAAP, ABIHM, ABOIM

Mary Machon, BS

Mark A Moyad, MD, MPH

Nancy Sasse, CRT, EFT-CC, EFT-ADV

Misc:

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For questions, call \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or email cme@promedica.org.