

SEVENTH

Integrative Health & Wellness Symposium

Holistic and Wellness Strategies for
You and Your Patients



Thursday, May 11, 2023

8 a.m. to 4:15 p.m.

Sawyer Hayes Community Center

E.P. "Tom" Sawyer State Park

2201 Lakeland Road

Louisville, Kentucky

*This program is supported by N Good Health, Norton Healthcare Foundation
and Norton Healthcare Mission & Outreach.*



**NORTON
HEALTHCARE**

Statement of educational need

As more patients seek complementary and integrative approaches to health care, it is imperative for practitioners to have training in this area and be able to identify when holistic therapies would be safe and beneficial to patients. Health care professionals receive a limited amount of training regarding integrative and holistic medicine, and therefore may not incorporate holistic treatment modalities or be informed about their efficacy. This program will provide didactic and experiential sessions on a variety of topics and modalities employed in holistic and integrative therapies. The goal is to create a community of health care members who incorporate integrative therapies in their professional and personal lives.

Target audience

Physicians, physician assistants, nurse practitioners, nursing professionals and other health care providers

Objectives

1. Discuss evidence-based research related to integrative medicine.
2. Identify behaviors that empower healthy providers to use integrative therapies in their personal and professional lives.
3. Define when integrative modalities would be beneficial to a patient.

Program agenda

8 a.m.	Registration
8:30 a.m.	Welcome and opening prayer The Rev. Phillip Garrett, M.Div., C.T.
9 a.m.	Reigniting Joy After Burnout* William Nunley, M.D.
9:45 a.m.	Norton Cancer Institute Legacy Lab and the Beat of the Heart Brian Schreck, M.A., MT-BC
10:30 a.m.	Break
10:45 a.m.	Osteopathic Manipulative Medicine* Vishnukant Joshi, D.O.
11:30 a.m.	Lunch and experiential sessions <i>Facility Dogs</i> Heather Stohr, M.S., CCLS <i>Expressive Art Therapy</i> Elizabeth Sanders-Martin, LPCC, LPAT, CCLS <i>Affirmations</i> Anne Darku, E-RYT 200, RYT 500, YACEP
1 p.m.	Integrative Medicine and Chronic Disease* Rachel J. Busse, M.D.
1:45 p.m.	Beyond Probiotics: Ayurveda's Ancient yet Groundbreaking Approach to Gut Health* Sarah Teeple, B.A., N.S., RYT-200
2:30 p.m.	Break
2:45 p.m.	Lifestyle Medicine* Lesley A. Kellie, D.O.
3:30 p.m.	Nia Movement and Music Maria Whitley, B.A.
4 p.m.	Closing remarks
4:15 p.m.	Adjournment

*These sessions will provide *AMA PRA Category 1 Credits™* and ANCC credits.

Course director



Rachel J. Busse, M.D.
Family Medicine Physician
Director, Integrative Medicine
Norton Community Medical Associates
Norton Healthcare

Local faculty



Rachel J. Busse, M.D.
Family Medicine Physician
Director, Integrative Medicine
Norton Community Medical Associates



The Rev. Phillip Garrett, M.Div., C.T.
Adult and Adolescent Behavioral Health
Chaplain
Norton Healthcare



Vishnukant Joshi, D.O.
Urgent Care Physician
Norton Healthcare
Osteopathic Manipulative Therapist
Medical Director
Healthy Living Health Clinic



Lesley A. Kellie, D.O.
Internal Medicine Physician
Norton Community Medical Associates



William Nunley, M.D.
Psychiatrist
Organizational Consultant
Private Clinical Practice



Brian H. Schreck, M.A., MT-BC
Music and Expressive Arts Therapist
Norton Cancer Institute



Sarah Teeple, B.A., N.S., RYT-200
Holistic Health Consultant
Ayurveda Nutrition Counselor
Teeple Holistic



Maria Whitley, B.A.
Owner
Instructor, Nia Mindful Movement
Shine LLC

Disclosure

Norton Healthcare adheres to the Kentucky Medical Association accreditation requirements, as well as the Standards for Integrity and Independence in accredited continuing education. During the planning process, all individuals in a position to control content (course directors, planners and presenters) must disclose all relevant financial relationships with ineligible companies and the nature of that relationship. This information is assessed by the Norton Healthcare Center for Continuing Medical, Provider & Nursing Education to ensure mitigation of identified conflicts prior to the activity. Relationships with ineligible companies will be disclosed to activity participants.

Continuing education credits Physicians



AMA PRA Category 1 Credits™

Accreditation: Norton Healthcare is accredited by the Kentucky Medical Association to provide continuing medical education for physicians.

Designation: Norton Healthcare designates this live activity for a maximum of 3.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For information related to CME, contact the Norton Healthcare Center for Continuing Medical, Provider & Nursing Education at **(502) 446-5955** or **cme@nortonhealthcare.org**.

Nurses

Norton Healthcare Institute for Education & Development is approved with distinction as a provider of nursing continuing professional development by the South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This continuing professional development activity has been approved for 3.75 contact hours. In order for nursing participants to obtain credits, they must claim attendance by attesting to the number of hours in attendance.

For more information related to nursing credits, contact Sally Sturgeon, DNP, R.N., SANE-A, AFN-BC, at **(502) 446-5889** or **sally.sturgeon@nortonhealthcare.org**.

Special thanks to the planning committee

Stacy Cohen, BSN, R.N., M.A. (*Norton Faith & Health Ministries*)

Anne Darku, E-RYT 200, RYT 500, YACEP
(*Workforce Development, Norton Healthcare*)

The Rev. Phillip Garrett, M.Div., C.T. (*Chaplain Services, Norton Healthcare*)

Amy Lazarewicz, R.N., M.S. (*N Good Health, Norton Healthcare*)

Mary Middleton, B.A., CCMEC (*Norton Healthcare Center for Continuing Medical, Provider & Nursing Education*)

Brian Schreck, M.A., MT-BC (*Norton Cancer Institute*)

Heather Stohr, M.S., CCLS (*Child and Family Life, Norton Healthcare*)

Sally Sturgeon, DNP, R.N., SANE-A, AFN-BC (*Norton Healthcare Center for Continuing Medical, Provider & Nursing Education*)

Special needs

Norton Healthcare is committed to making this conference accessible to all individuals. At the time of registration, please describe any auxiliary aids or services (identified in the Americans with Disabilities Act) needed. Advance notification of any special needs helps us better accommodate your needs.

Location and parking

The symposium will take place at the Sawyer Hayes Community Center at E.P. "Tom" Sawyer State Park, 2201 Lakeland Road, Louisville, Kentucky. Free parking is available adjacent to the meeting facility.

Course materials

Presentation slides and symposium information will be available at **NortonCME.com**. Select the "Conference Details/Presentation" option and then this activity, or click this [link](#).

Registration information

Deadline: Monday, May 8, 2023

Registration fees

Norton Healthcare employees: \$50

Norton Medical Group/Norton Children's Medical Group employees: \$50

Nonemployees: \$60

Medical students, interns, residents and retired clinicians: \$30

How to register

1. Visit this [link](#).

OR

2. Scan the QR code:



Cancellation policy

As a courtesy to the planners, if you must cancel your registration, kindly do so by Monday, May 8, 2023. As planning for on-site catering and setup are final by May 8, we cannot accept cancellations after this date. To cancel, call the Norton Healthcare Center for Continuing Medical, Provider & Nursing Education at **(502) 446-5955** or email cme@nortonhealthcare.org.