



The Breathing Association

Mindfulness Based Stress Reduction, Nutrition and Tobacco Cessation

Saturday, March 6, 2010

This program is jointly sponsored by
Riverside Methodist Hospital.



To Register go to: https://www.regonline.com/mindful_based_stress_reducation_nutrition_and_toba
Or go to: www.breathingassociation.org and download a registration form to mail in with your fee.

Mindfulness Based Stress Reduction, Nutrition and Tobacco Cessation

Although smoking cessation is associated with significant health benefits, weight gain is noted as a primary reason for not trying to quit smoking. Understanding nutritional choices and the mechanism of weight gain can help healthcare professionals assist their patients in their efforts to reduce weight gain when quitting smoking. Stress is one of the common triggers for relapse in tobacco cessation. Mindfulness Based Stress Reduction is a technique to help reduce stress in tobacco users who are in the process of quitting. This presentation will help healthcare professionals who treat tobacco use in addressing these issues.

Date Saturday, March 6, 2010

Time 8:00am - 12:30pm

Location The Breathing Association
1520 Old Henderson Rd.
Columbus, OH 43220

Contact Laura Atkinson
614.437.1511



Speaker Bios:

Monica L. Fall, MS, RD, LD, CNSC

Monica L. Fall is a Staff Dietitian at The Ohio State University. She has a Bachelor's of Science in Nutrition Management from Rochester Institute of Technology in Rochester, NY. She moved to Ohio and completed the combined Master's of Science-Internship Program in Medical Dietetics at The Ohio State University. She has a specialty certification in nutrition support. One of her areas of focus is the Medical Intensive Care Unit. There she works with a variety of pulmonary patients.

Frank Wood, PhD

Frank is a Licensed Psychologist with Greater Cincinnati Psychology Associates. As a psychologist Frank provides counseling to individuals, families and couples. Frank is currently collaborating with the Center for Clinical Mindfulness and Meditation on the Mindfulness Project. The Mindfulness project offers 1 day, 4 week and 8 week courses on mindfulness to assist teens, adults and the elderly to recognize and mobilize inner psychological resources for taking better care of themselves.

Agenda - Saturday, March 6, 2010

7:30am - 8:00am	Continental Breakfast and Registration
8:00am - 8:15am	Registration, Welcome and Introductions
8:15am - 9:15am	<p>Nutrition, Weight Management and Tobacco Cessation: Although smoking cessation is associated with significant health benefits, weight gain is noted as a primary reason for not trying to quit smoking. After completing this course the participant will be:</p> <p><i>More confident in their ability to define the prevalence of weight gain with smoking cessation and to describe the mechanism involved with weight gain after smoking cessation.</i></p> <p><i>And more confident in their ability to identify potential interventional methods of weight control that may promote weight management.</i></p> <p>Monica Fall M.S. RD.LD</p>
9:15am - 9:30am	Break
9:30am - 12:30pm	<p>Mindfulness Based Stress Reduction: Stress is one of the common triggers for relapse in tobacco cessation. Mindful Based Stress Reduction is a technique to help reduce stress in tobacco users who are in the process of quitting. After completing this course the participants will:</p> <p><i>Be more confident in their ability to utilize Mindfulness Based Stress Reduction in reducing stress in tobacco users. They will also be able to demonstrate the explicit the link between breathing patterns and levels of stress and how to interrupt these patterns and be more confident in their ability to determine what type of patient/client this approach may be most appropriate.</i></p> <p>Frank Wood PhD</p>
12:30pm	End

Joint Sponsorship & Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Ohio State Medical Association (OSMA) through the joint sponsorship of Riverside Methodist Hospital (RMH) and The Breathing Association.

RMH is accredited by the OSMA to sponsor continuing medical education (CME) for physicians.

Riverside Methodist Hospital designates this educational activity for a maximum of 4 AMA PRA Category 1 credit(s)TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Ohio Board of Nursing recognizes Category 1 CME credit for nursing education (for each hour attended.) The Ohio Board of Pharmacy recognizes Category 1 CME Credit for Pharmacy.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination

of credit is pending. The AAFP invites comments on any activity that has been approved for AAFP CME credit. Please forward your comments on the quality of this activity to cmecomment@aafp.org.

Disclosure

As an accredited CME provider, Riverside Methodist Hospital must insure balance, independence, objectivity and scientific rigor in all educational activities we sponsor. Faculty and planners participating in sponsored activities must disclose any significant financial interests or other relationships. Any potential conflicts of interest will be resolved by content review and revealed in the course syllabus.



The Breathing Association would like to recognize the planning committee:

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OhioHealth - McConnell Heart Health Center

Co-Chair and Course Director: Laura Atkinson, Ph.D. Candidate (ABD)
Consultant, CEO of Total Wellness
Concepts LLC, The Breathing Association

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Director of The
Lung Health Clinic

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**The Breathing
Association**
Helping you breathe easier.

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Columbus, OH 43220

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www.breathingassociation.org