



Women's Health Council of RI



Lifespan



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Council of RI

Spring 2016 Workshop of the Women's Health Council of RI

Healthy Eating for a Healthy Heart, Helping Your Patients Make a Real Change

A practical workshop that focuses on the real issues of healthy eating, accessing healthy food and coaching your patients to change their behavior and their health.

Tuesday, March 15, 2016
The Warren Alpert Medical School at Brown University



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Learning Objectives

At the conclusion of this presentation, participants should be able to:

- Describe the relationship between healthy eating and heart health.
- Name and describe 3 recommended components of a heart healthy diet.
- Discuss an example of assisting a patient in the transition from a non-traditional American diet to a heart healthy diet.
- Describe options that can be developed within practices or within communities to improve access to healthy foods.
- Demonstrate skills of motivational interviewing that can be applied to talking with patients about healthy eating.

Accreditation Designation



CME Accreditation: This activity has been planned and implemented in accordance with the Essential Areas of Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Warren Alpert Medical School of Brown University and Women's Health Council of RI. The Warren Alpert Medical School is accredited by the ACCME to provide continuing medical education for physicians

Physicians: The Warren Alpert Medical School of Brown University designates this live activity for a maximum of 2.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (SUBMITTED AND PENDING APPROVAL)

Psychologists: The Warren Alpert Medical School is approved by the RI Psychological Association to offer continuing education credits for Psychologists. The Alpert Medical School maintains responsibility for the program. This program is approved for 2.5 Category 1 CE Credits. Credits available to RI licensed psychologists only. (SUBMITTED AND PENDING APPROVAL)

Dietitians: Approved for 2.5 CPEU's by the Commission on Dietetic Registration, the credentialing agency for the Academy of Nutrition and Dietetics.

Nurses: This Continuing Nursing Education Activity has been Approved for 2.5 Contact Hours by the Northeast Multi-State Division (NE-MSD), an Accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

Social Workers: This program is submitted and pending approval by the National Association of Social Workers (NASW) for a maximum of 2.5 CE's. (SUBMITTED AND PENDING APPROVAL)



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Planner Disclosure Statement

The planners of this conference have no financial interest in, or affiliation with, any commercial interest to disclose except where noted below.*

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Presenter Disclosure Statement

The presenters of this conference have no financial interest or contractual relationships with any commercial interest to disclose except where noted below.*

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WE ASK THAT ALL ELECTRONIC DEVICES

(i.e., PHONES OR PAGERS)

BE SET ON VIBRATE OR SILENT.

WE APPRECIATE YOUR CONSIDERATION.



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Watch for our upcoming events!

WWW.WomensHealthCouncil.org



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Thank you