QCA APN/PA Alliance 2014 Fall Conference
Friday, November 14th

The Art of Integrated Care: Treating the Whole Person

Stoney Creek Inn & Conference Center
Conference Room ~~~ Salon A/B/C
101 18th St.
Moline, IL 61265

Registration & Lunch Buffet 11:30-12:45pm
Presentations 1:00-6:00pm

Targeted Audience: All Physicians, Physician Specialties, Physician Assistants, Nurse Practitioners, & Allied Health Professionals.

Purpose: To offer an educational experience that will expand the education of all attendees and provide for an enhanced ability to deliver quality care to patients.

Global Objectives: At the completion of the lecture session, participants should be able to:

- Understand how diet impacts brain health
- Understand how physical activity impacts brain health
- Understand how toxins impact brain health
- Identifying Stressors in our daily lives
- Breakdown the physiological response to stress in the body
- Examine long-term effects of constant stress
- Explain & demonstrate "conscious breathing" and its physiological effects on the body
- Yoga Asana - what the postures are all about and why we do them
- Linking the breath with the yoga postures & why this is effective
- We'll demonstrate (and ask participants to get involved) very approachable, gentle & easy postures and breathing exercises
- Understand basic aspects of Mindfulness
- Acquire knowledge regarding the latest findings of research studies on Mindfulness-based techniques
- Learn about the effectiveness of Mindfulness in decreasing depression, anxiety and stress
- Experience some of the Mindfulness techniques
- Introduce and identify causes of illness in the shamanic tradition
- Give specific conditions for which shamanic techniques may be applicable
- Discuss how shamanic healing techniques are delivered
- Give the history of shamanic healing and why it has survived for 40,000 years

Continue for agenda, disclosures, and brief bios. See attached registration form for additional information.
Conference Agenda:

- **Registration/Buffet Luncheon/Vendors** 11:30pm - 12:45pm
- **Welcome** 12:45pm – 1:00pm
- **Plenary Session 1** 1:00pm – 2:30pm

*Diet and Lifestyle to Treat a Broken Brain*
Dr. Terry Wahls

*Objectives:*
- Understand how diet impacts brain health
- Understand how physical activity impacts brain health
- Understand how toxins impact brain health

- **Plenary Session 2** 2:30pm – 3:30pm

*Yoga’s Effect on Body and Stress*
Dr. Margret Millard and Abby Webster-Moran

*Objectives:*
- Identifying Stressors in our daily lives
- Breakdown the physiological response to stress in the body
- Examine long-term effects of constant stress
- Explain & demonstrate "conscious breathing" and its physiological effects on the body
- Yoga Asana - what the postures are all about and why we do them
- Linking the breath with the yoga postures & why this is effective
- We'll demonstrate (and ask participants to get involved) very approachable, gentle & easy postures and breathing exercises

- **BREAK (Drinks and cookies)** 3:30pm-4:00pm

- **Plenary Session 3** 4:00pm – 5:00pm

*Mindful Living*
Dr. Rita Millassano

*Objectives:*
- Understand basic aspects of Mindfulness
- Acquire knowledge regarding the latest findings of research studies on Mindfulness-based techniques
- Learn about the effectiveness of Mindfulness in decreasing depression, anxiety and stress
- Experience some of the Mindfulness techniques

- **Plenary Session 4** 5:00pm-6:00pm

*Shamanism today as adjunct to Western medicine*
Kathleen Collins, Ms.Ed.

- Introduce and identify causes of illness in the shamanic tradition
- Give specific conditions for which shamanic techniques may be applicable
- Discuss how shamanic healing techniques are delivered
- Give the history of shamanic healing and why it has survived for 40,000 years
- Discuss opportunities to mix western and Shamanic "medicines"
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Registration Form

Name:__________________________________________  Credentials:________

Employer:__________________________________________

Preferred address:__________________________________________

Preferred phone:__________________________________________

Preferred Email:__________________________________________

License # (REQUIRED): ______________________________________
(Genesis or Trinity Employee number, if applicable)

Registration Fee:  Alliance Member:  No Charge
                   Non Alliance Members: $50.00

Registration Includes: Conference materials, lunch, and refreshments

Mail your registration form and fee (if applicable) by November 1, 2014 to:

QCA APN/PA ALLIANCE
P.O. Box 4349
Davenport, IA. 52808

Or
Members may register by emailing at daniel.wesemann@sbcglobal.net
or calling Daniel Wesemann at 309-912-8701