

CSCR PROUDLY PRESENTS:



- 8:00am** **Welcome and Kickoff**
Connie Chamberlain- CSCR President
- 8:10am** **Keynote: Managing Chronic Stress in the Age of Covid-19**
Joe Piscatella
- 9:15am** **Home Based Cardiac Rehabilitation-
Current and Future Trends**
Linda Park
- 10:15am** **VENDOR BREAK**
- 10:30am** **Using the ITP as a Tool for Quality Improvement**
Molly Wainstock
- 10:55am** **Mitigating Falls in Cardiac Rehabilitation**
Philip Drouet
- 11:35am** **Cardiac Surgery 2020: The Latest and Greatest**
Dr. Andreas Kamlot
- 12:35pm** **Closing Remarks**
- 12:45pm** **BREAKOUT ROOMS OPEN**
- 2:00pm** **BREAKOUT ROOMS CLOSE**

ABOUT OUR KEYNOTE:

CSCR is proud to have survivor Joe Piscatella presenting our opening Keynote Address:

Managing Chronic Stress in the Age of Covid-19

This is an era of major disruption in our lives caused by a pandemic virus, a collapsing economy, uncertainty about schools, lost jobs and social turmoil. And on top of the major disruption, there is the daily stress from too little time and too much to do, from increased career and family commitments, from crawling traffic and never-ending e-mails. Indeed, 89% of us say that the stress in our lives is overwhelming. The result is often high levels of frustration, anxiety, depression and anger.

Joe Piscatella is a man with a message about managing stress successfully and the skill to tell it. A national expert on lifestyle habits and health, he is the author of 17 best-selling books, has hosted three PBS television specials on heart health, is a “guest expert” on WebMD, and has had numerous appearances on *The Today Show* and *Good Morning America*. He has additionally served as the only non-medical member of the NIH Expert Panel on Cardiac Rehabilitation.

Joe is a popular national speaker who delivers his message live and in webinar programs. He knows the science of stress management, but he understands the practical aspect as well. At age 32, he went through coronary bypass surgery. The prognosis was not good (one doctor predicted he would not live to age 40.) But he put his effort into developing healthy lifestyle habits

and it has worked. He has celebrated the 43rd anniversary of that surgery, making him one of the longest living survivors of bypass surgery and a wonderful example of the effectiveness of healthy lifestyle habits. Dr. William Roberts, Editor-in-Chief of *The American Journal of Cardiology*, says “Joe Piscatella knows more about healthy living than anyone I know. He is a national resource.”

In this presentation, Joe examines the impact of chronic stress on health, productivity and quality of life. He helps audiences understand that the secret to a balanced life is not to avoid stress, but to manage it; not to react to stress, but to respond to it. His program not only examines the sources of stress in modern life (including Type A personality), but it provides audiences with a variety of mental and physical tools to successfully manage stress every day.

In this seminar, participants will learn:

- How chronic stress impacts well-being, particularly cardiac health
- What are the most common sources of chronic stress
- What are the best physical and mental methods of managing stress successfully

For more information or to schedule a program, contact Joe at the Institute for Fitness and Health, 253.279.5008 or login to our BREAKOUT ROOMS to visit with Joe. You can also contact him at: joe@joepiscatella.com.

PROGRAM DETAILS:

- Conference registration is \$99
- 4 CEUs will be offered, CEU certificates will only be issued to official registrants
- Continuing education: 4.0 CEUs provided by AACVPR and the Board of Registered Nursing- BN #EP5369
- Login details will be provided by email after registration has been completed
- To register, follow the link on the CSCR email you received, or go online to www.cscr.org
- This conference has a no cancellation policy. All attendees will receive a full refund in the event that the conference is cancelled. No refunds will be made for non-attendance by registrants.
- To learn more, please visit WWW.CSCR.ORG
- QUESTIONS? Please contact cscrmedia@gmail.com

A HUGE THANKS TO OUR SPONSORS:



Log in before the conference to see our sponsors in action. Also, join our BREAKOUT ROOMS during the break and following the program to talk, ask questions and see how these companies are supporting CSCR and plan to support your Cardiac Rehab programs.

DON'T FORGET OUR EPIC MERCHANDISE:

CSCR continues to rely on your support, and we want you to look great while doing so! Enjoy our stylish, comfortable t-shirts as well as a commemorative anniversary pin!

T-SHIRTS: \$25

SIZES S-2XL AVAILABLE



PINS: \$10

