PREVENTION AND LONGEVITY: EVIDENCE-BASED MEDICINE FOR YOU AND YOUR PATIENTS

Friday, January 22, 2016

Red and White Club, University of Calgary, 1833 Crowchild Trail NW, Calgary, AB

COURSE OVERVIEW

This full day conference and networking fair will focus on empowering physicians and healthcare providers with evidence-based non-pharmacologic management strategies for creating health preventing disease and where possible, treating disease.

COURSE OBJECTIVES

The intent of the conference is for learners to:

• learn current evidence-based non-pharmacologic management strategies to bolster health, prevent illness and where possible, treat disease
• learn to use non-pharmacologic approaches to compliment pharmacologic approaches
• build clinical skills to make patient specific behavioural, cognitive and dietary recommendations
• promote collaboration and discussion among all individuals interested in enhancing scientific non-pharmacologic approaches
• identify resources available to support physicians and their patients

WHO SHOULD ATTEND

Family physicians, specialist physicians, nurse practitioners, nurses and all other healthcare professionals
Friday, January 22

0700  Registration and Continental Breakfast
0800  Welcome and Opening Remarks
       - Ann Crabtree
0815  PLENARY
       Principles of Neuroplasticity
       - Bryan Kolb
0915  PLENARY
       Micro-Nutrients and Mental Health
       - Bonnie Kaplan
1015  Refreshment and Stretch Break
1030  PLENARY
       Gastro Intestinal Health and Microbiota
       - Kevin Rioux
1130  Lunch
1245  PLENARY
       Health Benefits of Mindfulness and Meditation
       - Linda Carlson
1345  PLENARY
       The Importance of Sleep to Promote Well-Being
       - Charles Samuels
1445  Refreshment and Stretch Break
1500  PLENARY
       Omega-3 Fatty Acids and Optimizing
       Your Nutrition
       - John Pereira
1600  Closing Remarks and Raffle
       - Ann Crabtree
1630  Adjournment

PLENARY SPEAKERS

Linda Carlson PhD R Psych FRCPC
Assistant Professor, Cumming School of Medicine, University of Calgary

Bonnie Kaplan PhD
Professor, Cumming School of Medicine, University of Calgary

Bryan Kolb PhD MSc BSc
Behavioural Neuroscientist and Director of the Center of Behavioral Neuroscience, University of Lethbridge

John Pereira MD CCFP
Master Teacher, Cumming School of Medicine, University of Calgary

Kevin Rioux MD PhD FRCPC
Assistant Professor, Cumming School of Medicine, University of Calgary

Charles Samuels MD CCFP DABSM
Medical Director, Centre for Sleep and Human Performance; Clinical Assistant Professor, Cumming School of Medicine, University of Calgary

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material. Disclosure will be done verbally and using one slide prior to the speaker’s presentation.

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL

PLANNING COMMITTEE

Ann Crabtree MD BSc BEd
Consulting Physician, Chronic Pain Centre, Prescription Drug Misuse, Health and Wellness

Lori Montgomery MD CCFP
Family Medicine, Medical Director, Chronic Pain Centre

John Pereira MD CCFP
Master Teacher, Cumming School of Medicine, University of Calgary

Jarad Stephan MD FRCPC
Anaesthetist, Consulting Physician, Chronic Pain Centre
ACCREDITATION
The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Canadian Medical Schools (CACMS).

ADDITIONAL PROGRAM INFORMATION

VENUE / TRANSIT
The Red and White Club is located off of the University of Calgary campus and is situated at the north end of McMahon Stadium which is located near C-Train stations and bus routes. For more information please visit www.calgarytransit.com

MEALS
Fee includes continental breakfast, mid-morning and mid-afternoon refreshments and a buffet lunch.
Please advise Course Content Coordinator of any special dietary restrictions.

DRESS
Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

SCENT FREE
To ensure the comfort of everyone attending this event, please do not wear scented products.

CONFIRMATION OF REGISTRATION
On-line registration confirmation is automatic after registering on-line. A tax receipt will be sent approximately 2 weeks after registering.
For all other methods of registration (mail, fax), confirmation will be in the form of a tax receipt. No other confirmation will be sent. Please allow 2 weeks for registration processing.

COURSE CANCELLATION POLICY
The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

REFUND POLICY
A registration refund will be made upon written request if made at least 2 weeks before the start of the program. However $50 will be retained for administrative costs. No refunds will be available for cancellations made within 2 weeks of the start of the program and thereafter.
NOTE: Refunds are processed only on the return of original receipt. All receipts must be returned within 30 days after program date.

REIMBURSEMENT OF REGISTRATION FEES
Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at 780.482.2626 or 1.800.272.9680.

FOR FURTHER INFORMATION
Office of Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB  T2N 4Z6

ABOUT COURSE CONTENT
Sylvia M Vespa
Phone 403.909.9095
Email PromotingLongevity@shaw.ca

ABOUT REGISTRATION
Phone 403.220.7032
Email cmereg@ucalgary.ca
REGISTRATION FORM
Prevention and Longevity: Evidence-Based Medicine for You and Your Patients
January 22, 2016

REGISTRATION FEE
PLUS 5% GST – UCalgary GST Registration #108102864RT0001
ADD 5% TO FEE(S) BELOW TO CALCULATE TOTAL COURSE FEE

EARLY RATE on or before January 8, 2016
$ 250.00 Physician
$ 200.00 Other Health Professional
$ 150.00 Student / Resident (FULL-TIME STUDENTS ONLY)

REGULAR RATE after January 8, 2016
$ 300.00 Physician
$ 250.00 Other Health Professional
$ 175.00 Student / Resident (FULL-TIME STUDENTS ONLY)

REGISTER
ON-LINE
cmeregistration.ucalgary.ca

BY FAX
Credit Card Payment Only
Confidential Fax
Fax 403.270.2330

BY MAIL
Cheque Payable – UNIVERSITY OF CALGARY
CHEQUE MUST INCLUDE 5% GST
Cumming School of Medicine, Office of Continuing Medical Education and Professional Development, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

REGISTRATION SERVICES
Phone 403.220.7032
Email cmereg@ucalgary.ca

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT
Registration information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. Financial information is used to process applicable fees and is retained for future reference. Call 403.220.4251 if you have questions about the collection or use of this information.

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