

- All seminars are from 9:00 am-12:30 pm
- Continental Breakfast and Registration from 8:30-9:00 am
- All seminars are worth 3 Continuing Education Units (CEUs)
- All seminars are held at the Health Foundation of Greater Cincinnati Conference Center (in the Rookwood Tower)  
**3805 Edwards Road, Suite 500 (5th Floor)**

**Cincinnati, OH 45209**

**Directions:**

From I-71 North:

Take I-71 North to Exit 6 (State Route 561/Smith Road/Edwards Road).

Take a right at the end of the ramp. The garage entrance for Rookwood Tower is on the right, after J. Alexander's and the entrance to Rookwood Commons.

From I-71 South:

Take I-71 South to Exit 6 (State Route 561/Smith Road/Edwards Road).

Turn right at the end of the ramp. Take the first left onto Smith Road (this will become Edmondson Road just before the overpass). The garage entrance for Rookwood Tower is on the right, after J. Alexander's and the entrance to Rookwood Commons.

From I-75 North or I-75 South:

Take State Route 562 East via Exit 7 towards Norwood. Merge onto I-71 South, then follow above directions from I-71 South.

**Continuing Education Credit Available:**

• **Social Workers:** Approved for 3 CEUs; Provider #RCS059702.

• **Counselors:** Approved for 3 CEUs; Provider #RCS059702.

• **Nurses:** A continuing education activity that has been approved by other licensing boards will be accepted by the Ohio Board of Nursing for all nurses in the State of Ohio. You may use this continuing education to meet your licensure requirement.

• **Nursing Home Administrators:** 3 CEUs pending approval (We are a limited provider.) Application has been sent to BENHA.

• **Teachers:** You must take the seminar to your Local Professional Development Committee (LPDC) for credit approval.

**“Laughter is Good Medicine: Increasing Your Happiness Quotient”**

Thursday, January 26, 2012

**Speakers:** Karen Amend, MA, CET; *Community Relations Director at Hyde Park Health Center, Founding Member & Teacher at the Enneagram Center of the Ohio Valley*

Robin O’Neil Kissell, MA; *Certified in training Laughter Yoga by Yoga International*

Terry M. Foster, RN, MSN, CCRN, CEN; *Critical-Care Specialist at St. Elizabeth’s Medical Center, accomplished author and acclaimed speaker*

**About the seminar:** Is health more than just the absence of illness? What is well-being? The field of Positive Psychology focuses on what works for health and happiness as opposed to allopathic models. Participants will learn the concept of Positive Psychology, the theory of well-being, focus and modalities and recognize the body-mind relations to physical and psychological health. Enjoy learning, laughing and experience the goal of increasing not just human happiness but human flourishing.

**“Those Amazing Kidneys!”**

Thursday, February 23, 2012

**Speaker:** Louann Elliott, RN, CDN; *Chronic Kidney Disease Educator for Fresenius Medical Care*

**About the seminar:** This program will present an overview of renal anatomy, normal kidney function, how toxins and waste are removed from the blood stream and how the kidneys keep the body in balance. The primary causes of kidney disease, the difference between acute kidney failure and chronic kidney failure; how kidney disease is staged and how to live healthfully with CKD; and what renal replacement therapies are available will be discussed.

**“Breaking the Pain Chain”**

Thursday, March 29, 2012

**Speakers:** Pam Fields; *Program Director and Regional Advocacy Director for the Arthritis Foundation, Great Lakes Region*

MaryAnn St. John; *Program Manager for the Arthritis Foundation, Great Lakes Region*

**About the seminar:** During the Breaking the Pain Chain seminar, participants will learn about some of the most common forms of arthritis to help them better understand the chronic pain experienced by those with arthritis or related diseases. The remaining portion of the session will cover the highlights of the new Breaking the Pain Chain Program, currently being piloted by the Great Lakes Region of the Arthritis Foundation. The overview will include an explanation of the pain cycle, the gate control theory and techniques for the management of pain by understanding what interrupts the pain signals. Participants will leave with a basic understanding of how to develop a pain management plan including techniques and tools taught throughout the class.

**“The ABC’s of Vitamins C, D and E: There’s More to Them Than You Think”**

Thursday, May 3, 2012

**Speaker:** Dr. Kevin Gulla; *Chiropractor/Natural Health Specialist*

**About the seminar:** Planes, trains and automobiles are all three separate modes of transportation. In the same vein, vitamins C, D and E are all distinct components of nutrition, each one paramount to the quality of human health. As such, this seminar will expound upon nutritional knowledge, using demonstrations and lecture to enhance the value of this understated trio. Attendees will gain perspective of physiological function, applicable clinical dosage and the most effective dietary and supplemental sources of vitamins C, D and E: the terrific trio. Participants will leave this seminar with knowledge on just how this terrific trio can change the health and quality of your life.

**“Secrets for Healing: Sacred Wisdom to Enrich the Healing Life”**

Wednesday, May 16, 2012

**Speaker:** William E. Hablitzel, MD; *Award winning author, speaker and internist; associate professor of clinical medicine at the University of Cincinnati College of Medicine*

**About the seminar:** You do not have to become ill, encounter injury or face death in order to learn the life changing lessons that such experiences can teach. We can learn from those who have been there in the pages of *It Was Only a Moment Ago* by Dr. William Hablitzel.

Regardless of our profession—nurse, therapist, social worker, physician or even administrator—most of us entered healthcare with the desire to heal. Far too often however, our work is focused on treating symptoms or curing disease. There is a profound difference between curing and healing, something seldom taught in medical school, but few of the truly important things in life are taught in school. From the back of ambulances, the teaching wards of an academic medical center and a free clinic in the hills of Appalachia, Dr. William Hablitzel’s greatest teachers revealed the secrets that make healing not only possible, but part of daily life. In a presentation that may very well change your life, Dr. Hablitzel shares these secrets with you.

Dr. Hablitzel has written 3 books: *Dying Was the Best Thing That Ever Happened to Me*, *The Twelve Secrets of Healing* and *It Was Only a Moment Ago*.

*“This Man is an Angel disguised as a Medical Doctor—His words will touch your soul.”*—Dr. Wayne Dyer, internationally renowned author and speaker

**“Professional Ethics”**

Thursday, June 28, 2012

**Speaker:** Dana Moran, MSW, LISW-S; *Account Manager, Accretive Health*

**About the seminar:** At one time or another, every helping professional encounters an ethical dilemma. We will discuss foundations for ethical decision making and a model to make this process a bit clearer. Our focus will be on the professional relationship, client self-determination and value conflicts that can arise. We will examine several case studies, share experiences and find ways to avoid ethical pitfalls. Professionals will leave this seminar with a better understanding of the process of ethical decision making. The seminar satisfies the ethic requirement for license renewal.

### Cancellation and Payment

Cancellation must occur at least 3 days before a workshop to receive a full refund. After that, if you are unable to attend, you will receive a credit good for a future workshop within the next seminar series, as long as you call by the same day as the seminar. In the event that a workshop is cancelled by the Epilepsy Foundation, you will receive a full refund or credit for a future workshop, whichever you desire.

Payment is due prior to each seminar. Certificates will not be given until full payment is received.

### Fees

Registration fee includes education, CEU certificate, continental breakfast and all program materials. All seminars are \$50.00 and qualify for 3 CEUs. If you register and pay for 3 seminars by 1/19/12, you receive a 20% discount. (\$120/3). If you register and pay for 6 seminars by 1/19/12, you receive a 30% discount. (\$210/6).

### Registration Deadlines

Please register at least 1 week before a seminar!

	<u>Register By:</u>
Laughter is Good Medicine. . . (1/26/12)	1/19/12
Those Amazing Kidneys (2/23/12)	2/16/12
Breaking the Pain Chain (3/29/12)	3/22/12
The ABC's of Vitamins C, D & E. . . (5/3/12)	4/26/12
Secrets for Healing. . . (5/16/12)	5/9/12
Professional Ethics (6/28/12)	6/21/12

### Registration Form:

I would like to attend:

- Laughter is Good Medicine. . . on 1/26/12
- Those Amazing Kidneys on 2/23/12
- Breaking the Pain Chain on 3/29/12
- The ABC's of Vitamins C, D & E on 5/3/12
- Secrets for Healing. . . on 5/16/12
- Professional Ethics on 6/28/12

Total Due: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Professional License Number: \_\_\_\_\_

Make check payable & mail to:

Epilepsy Foundation of Greater Cincinnati  
895 Central Ave., Suite 550  
Cincinnati, OH 45202

For questions or information: (513) 721-2905

Epilepsy Foundation of Greater Cincinnati  
895 Central Avenue, Suite 550  
Cincinnati, OH 45202

## The Epilepsy Foundation of Greater Cincinnati's Seminar Series:

**"Laughter is Good Medicine: Increasing Your Happiness Quotient"**

*Thursday, January 26, 2012*

**"Those Amazing Kidneys!"**

*Thursday, February 23, 2012*

**"Breaking the Pain Chain"**

*Thursday, March 29, 2012*

**"The ABC's of Vitamins C, D & E: There's More to Them Than You Think "**

*Thursday, May 3, 2012*

*Award Winning Author presents:*

**"Secrets for Healing: Sacred Wisdom to Enrich the Healing Life"**

*Wednesday, May 16, 2012*

**"Professional Ethics"**

*Thursday, June 28, 2012*

Seminar Location:

The Health Foundation of Greater Cincinnati Conference Center, 5th Floor  
(in the Rookwood Tower)

For directions: [www.healthfoundation.org](http://www.healthfoundation.org)

Please note: In the event of inclement weather, please be aware that The Health Foundation Conference Center is subject to closure. Please call the announcement line (513) 458-6627 the morning of the event if the weather and road conditions are questionable.