

Scott & White OB/GYN
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Living WELL Aware
February 24, 2012
Frank Mayborn Convention Center
Temple, TX



An energetic & informative conference for all audiences

Habits That Lead to Health and Happiness

Cardiovascular Disease

Modern Day Tummy Troubles

Healthy Eating

Dementia Prevention

Stifle Stress, Sever Suffering

Fitness Tips & Demonstrations

Steps to Making Lasting Changes

February 24, 2012

Frank Mayborn
Convention Center
3303 N. 3rd Street
Temple, Texas
76501

GENERAL INFORMATION

OBJECTIVES

Upon completion of this program, the participant will be able to:

- List habits that can lead to a happier and healthier life.
- Outline how to create a personalized exercise program.
- Describe the effect of stress on your gastrointestinal tract.
- Describe healthy eating behaviors as recommended by USDA.
- List lifestyle modifications to decrease risk of early dementia.
- Outline ways to effectively cope with stress.
- Outline actions to reduce risks for developing cardiovascular disease.
- Identify ways to make change possible in your life.
- State how you will make a positive difference in your life and those around you.
- List steps to make lasting lifestyle changes.

REGISTRATION FEE

The registration fee is \$195 for MD/DO; \$95 for non-MD if received prior to February 10. Fee includes all education sessions, a syllabus and lunch.

Refund policy: Refunds will be made upon request in writing, three weeks prior to the conference; a \$50 handling fee will be charged.

SPONSORSHIP

This program is sponsored by Scott & White, Temple, Texas.

MEETING

The meeting will be held in the Frank Mayborn Convention Center, 3303 N. 3rd St, Temple, TX 76501. Directions will be emailed to attendees.

LODGING A number of reasonably priced hotels are located very nearby.

Hilton Garden Inn (254) 773-0200	Hampton Inn (254) 778-6700	Fairfield Inn (254) 771-3030
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Holiday Inn (254) 778-5511	LaQuinta Inn & Suites (254) 939-2772	Marriott Residence Inn (254) 773-8400
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AIRPORT INFORMATION

Killeen Regional Airport (GRK): 40 minutes to Temple via Hwy. 190
Waco Regional Airport (ACT): 1 hr to Temple via IH-35 S
Austin International Airport (AUS): 1.5 hrs to Temple via IH-35 N
DFW International Airport (DFW): 2.5 hrs to Temple via IH-35 S

EVALUATION

An evaluation form will provide participants with the opportunity to review each session and speaker, to identify future educational needs, and to comment on any perceived commercial or promotional bias in the presentations.

ACCREDITATION

Scott & White is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CONTINUING EDUCATION CREDIT

Physicians - Scott and White designates this live activity for a maximum of 8.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Nurses - Scott & White is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides up to 8.0 contact hours.

