Describe Blue Zone meal planning and its importance to client, patient Iowa and how the resulting benefits can also benefit clients and patients.

• aid clients and patients in improving their physical and emotional wellbeing.

Easy choice can be incorporated into counseling and treatment plans to

• ABOUT BLUE ZONES :
Western Maryland Health System Department of Pastoral Care, the ACM/CE for Health & Human Services is very pleased to partner with 

training and discover the “Power 9®”, the nine specific characteristics 

Geographic took teams of scientists to each location to ascertain lifestyle 

around the world where people live measurably longer and better. In these 

“Blue Zones” they found that people reach age 100 at rates 30 times greater than those in the United States. And, these added years are meaningful and 

productive.

After identifying 5 of the world’s Blue Zones, Buettner and National Geographic took teams of scientists to each location to ascertain lifestyle 

characteristics that might explain longevity. Join us as we introduce you to 

driving the Power 9® into your professional practice 

and discover the “Power 9®”, the nine specific characteristics 

shared by all Blue Zone residents.

In 2008, Blue Zones partners with AARP and the United Health Foundation to apply the Power 9 principles to Albert Liu, MD. In 2008, after just one year, participants added an estimated 2 years to their average lifespan while healthcare claims for city workers dropped 49%, Harvard’s Walter Willett called the results ‘stunning’.

Blue Zones are now being built in cities and towns all across the United States. The key to building live longer, better lives is — and may vary widely in what Blue Zones have in common.

On the course, you will learn how to incorporate Blue Zone’s intentional focus on 

making the healthy choice the easy choice into your professional practice 

and help your patients and clients live longer, better lives too!

Course Objectives:

• Define the characteristics of a Blue Zone and identify patients and 

clients that may benefit from this concept. 

• List the nine characteristics shared by Blue Zone residents. (Power 9®) 

• Discuss how the Blue Zone approach of making healthy choices 

• Total course fee: $25.00 (includes educational materials, lunch and contact hours)

Deadline to Register: November 13, 2015

To register on-line visit https://www.wmhs.com/institute.html and be prepared for a credit card transaction. Payment may be made through PayPal. Registration by telephone is not available. To register via mail, complete the form below and mail with a check to:

Name: ___________________________    Address: ___________________________
City: ___________________________    County: ___________________________
State: ___________________________    Zip Code: ___________________________
Email Address: ___________________________
Gender: Male    Female
Home Phone: ___________________________
Business Phone: ___________________________
Signature: ___________________________
Date: ___________________________
Are you taking this for: Work/Professional    Personal Development

Make Checks Payable to WMHS

Program Approval for Continuing Education

The Western Maryland Area Health Education Center is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by the AGD for Fellowship, Membership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry. The current term of approval extends from 4/1/2013 to 3/31/2018. Provider #D3704

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Education & Project Management

From the Washington/Raffle area, take I-70 or I-270 to Frederick and go west about 10 miles to the intersection of Harrybrook Road and 1614 Way. Turn left at the bottom of the ramp and go about one mile to Allegany College of Maryland on the left. The class will be held in the Zimmer Theatre. Directional signs will be posted on campus.

From the west, take I-89 east toward Cumberland. Take exit 44, Willowbrook Road and go right at the bottom of the ramp. Travel one mile to the campus and follow Willowbrook Drive to the class.

Campus Map available at http://www.allegany.edu/ce/index.html

Accreditation:

The Western Maryland Health System is accredited by the Maryland State Medical Society to provide continuing medical education for physicians. The Western Maryland Health System designates this educational activity for a maximum of 6 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Western Maryland Health System (WMHS) is accredited (PW-13-03-506-1081) as a provider of continuing nursing education by the Maryland Nurses Association. WMHS is also an approved provider by the American Nurses Credentialing Center’s Committee on Accreditation (WVIRBN provider number WV06- 

000900). This program has been approved for 6 contact hours.

Social workers, psychologists, counselors, therapists, Allegany College of Maryland is authorized to sponsor Category I activities by the Maryland Board of Social Work. Allegany College of Maryland is also an Approved Provider of Continuing Education Units (CEUs) for psychologists, and Category A & B for Counselors and Therapists.

This program is approved for 6 hours.

The Association of Professional Chaplains has accepted the Institute on Medicine and Religion as qualifying Continuing Education event for the Certificate of Professional Education in Pastoral Care. The 6 contact hours from our event can be included toward the annual renewal certificate. CEUs for clergy are available. The Baltimore-Washington Conference (United Methodist) has a long history recognizing our event. If you are from a different denomination you will have to check with your leadership to confirm you will receive CEUs that fit your guidelines.

All other participants will receive 6 contact hours from Allegany College of Maryland.

Participants are responsible to ascertain whether a course is within the scope of practice of their profession and to ensure that they are acting within the bounds of their regulatory body. It is the professional’s responsibility to sign in before class begins and remain for the entire class in order to receive full credit; no partial credit will be given.

Interested laypeople are also invited to enroll.

Directions to Allegany College of MD

To access campus, use exit 44 off I-68 (Willowbrook Road) to Allegany College of Maryland. Follow signs to campus or AGD endorsement. The current term of approval extends from 4/1/2015 to 3/31/2016. The Baltimore-

WAEC is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by the AGD for Fellowship, Membership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry. The current term of approval extends from 4/1/2013 to 3/31/2018. Provider #D3704.

Allergies:

Some of the materials used in this course may affect individuals with allergies. Participants are encouraged to inform their health care provider if they have a history of allergies and to discuss any possible reactions before attending this course.

Event Planner Disclosure:
The event planners for these workshops will include statements regarding potential conflicts of interest. The event planners will take appropriate action to eliminate or mitigate any potential conflicts of interest. The event planners will disclose any financial relationships with commercial interests whose products or services may be discussed in the educational activities presented.

The Maryland Code of Ethics for Pediatricians, 2002

Tobacco-free Policy:

Allegany College of Maryland prohibits smoking on all campus properties and extends throughout college properties.

Allegany College of Maryland prohibits sexual misconduct and sex discrimination by or against all students, educational programs and activities, scholarship and loan programs, or to terms and conditions of employment, including but not limited to, hiring, promotion, discipline, compensation, benefits and any other terms of employment, or to limitations on access to housing or educational benefits.

Allegany College of Maryland prohibits retaliation in any form against any person who reports discrimination or who participates in an investigation.

Allegany College of Maryland does not discriminate against any individual for reasons of race, ethnicity, color, sex, religion or creed, sexual orientation, gender identity or expression, national origin, age, genetic information, familial status, disability, or veteran status in the admission and treatment of students, educational programs and activities, scholarship and loan programs, or to terms and conditions of employment, including but not limited to, hiring, promotion, discipline, compensation, benefits and any other terms of employment, or to limitations on access to housing or educational benefits.

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• physical and emotional wellbeing

and ways clients and patients can incorporate these factors to improve

Western Maryland Health System Department of Pastoral Care, the

training and discover the “Power 9®”, the nine specific characteristics

than in the United States. And, these added years are meaningful and

Geographic and the world’s best longevity researchers to identify pockets

Alemao, and learn how to incorporate Blue Zone’s intentional focus on

The mission: To help people live longer, better lives – is spreading. Join us

after just one year, participants added an estimated 2.9 years to their

In 2009, Blue Zones partnered with AARP and the United Health

The Blue Zones

shared by all Blue Zone residents.

Define the characteristics of a Blue Zone and identify patients and

Upon completion of this course, the student should be able to:

• Define the characteristics of a Blue Zone and identify patients and clients that may benefit from these concepts

• List the nine characteristics shared by Blue Zone residents. (Power 9®)

and ways patients and caregivers can incorporate these factors to improve physical and emotional wellbeing

• Discuss how the Blue Zones approach of making healthy choices the easy choice can be incorporated into counseling and treatment plans to aid clients and patients in improving their physical and emotional wellbeing.

• Describe the implementation of Blue Zones as applied in Cedar Falls, Iowa and how the resulting benefits can also benefit clients and patients. 

• Describe Blue Zone meal planning and its importance to client, patient and community health

Directions to Allegany College of MD

From the Washington/Baltimore areas, take I-70 to I-70 to Frederick and go west past Hagerstown and then onto I-81 from west of Hancock, take I-68 east to Cumberland and proceed about 35 miles to exit 44, Willowbrook Road. Turn left at the bottom of the ramp and go about one mile to Allegany College of Maryland on the left. The class will be held in the Zimmer Theatre. Directional signs will be posted on campus.

From the west, take I-68 east toward Cumberland. Take exit 44, Willowbrook Road and go right at the bottom of the ramp. Travel one mile to the campus and follow Willowbrook directions to the class.

Campus Map available at http://www.allegany.edu/cm146.html

Accreditation

The Western Maryland Health System is accredited by the Maryland State Medical Society to provide continuing medical education for physicians. The Western Maryland Hospital System designates this educational activity for a maximum of 6 AMA PRA Category I Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

Western Maryland Health System (WMHS) is accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Osteopathic Association (AOA), to sponsor continuing medical education for physicians.

The Washington/Baltimore Metropolitan Area Commission on Accreditation (WBMCA) has approved this educational activity for 6.00 contact hours. This program has been approved for 6 contact hours.

Social workers, psychologists, counselors, therapists, Allegany College of Maryland is authorized to sponsor Category I activities by the Maryland Board of Social Work Examiners, Continuing Education Units (CEU’s) for psychologists, and Category A & B CEUs for Counselors and Therapists. This program is approved for 6 hours.

The Association of Professional Chaplains has approved the Institute on Medicine and Religion as a Qualifying Continuing Education Event. In this 6 contact hours from our event can be included toward the annual requirements for certification renewal. CEU’s are available on request. The Baltimore-Washington Conference (United Methodist) has a long history recognizing our event. If you are from a different denomination you will have to check with your leadership to confirm you will receive CEU’s that fit their guidelines.

All other participants will receive 6 contact hours from Allegany College of Maryland.

Participants are responsible to ascertain whether a course is within the scope of practice for their own professional group and whether the course meets their regulatory body. It is the professional’s responsibility to sign in before class begins and remain for the entire class in order to receive full credit; no partial credit will be given. Interested laypeople are also invited to enroll.

REGISTRATION

Please visit WMHS at the phone number below for any questions you have.

To Register on-line visit https://www.wmhs.com/institute.html and be prepared to pay through PayPal. Registration by telephone is NOT available. To register via postal mail complete the form below and mail with a check to:

49th Annual Institute on Medicine & Religion
Western Maryland Health System
12300 Willowbrook Road
Cumberland, MD 21502

Name: ____________________________
Address: ____________________________
City: ____________________________
State: ____________________________
Zip Code: ____________________________
Email Address: ____________________________

Signature: ____________________________
Date: ____________________________

Are you taking this for: Work/Professional

Education & Project Management

DC 20019
Friday, November 20, 2015

This 49th Annual Institute on Medicine & Religion is designed for Clergy, Counselors, Dietitians, Nurses, Physicians, Professional Counselors, Social Workers, and interested members of the general public. 6 CEUs will be awarded to the various professions. All others will receive 6 contact hours from ACM.

Course Description

ACM/CE for Health & Human Services is very pleased to partner with Western Maryland Health System to bring into your professional practice and help your patients and clients live longer, better lives too!

After identifying 5 of the world’s Blue Zones, Buettner and National Geographic took teams of scientists to each location to ascertain lifestyle characteristics that might explain longevity. Join us for a day of in-depth training and discovering the “Power 9®”, the nine specific characteristics shared by all Blue Zone residents.

In 2009, Blue Zones partnered with AARP and the United Health Foundation to apply the Power 9 principles to Albert Loo, MD. His work led to just one year, participants added an estimated 2 years to their average longevity with health and wellness outcomes doubled and/ or tripled 49% Harvard’s Walter Willett called the results ‘stunning’.

Luann Alemao is an expertly trained Blue Zones speaker and coach who embraces the healthier lifestyle by being the visionary in her own community of Cedar Falls, Iowa. Over 6 years ago, Luann organized having Dan Buettner make an appearance at a local conference which introduced Blue Zones to the mayor and the community. Luann was instrumental in serving on the leadership team, paving the way for Cedar Falls to be selected as a Blue Zones candidate city in leading the healthy choice city transformation. Luann is the Director of the Moai Community, as well as helps direct the restaurant and retail environment into a community that embraces and celebrates a healthy lifestyle. Luann is also on the Pedestrian/Bicycle Advisory Board in Cedar Falls when bike-ability and walkability of her city is constantly being developed and evaluated. She is pleased to share Cedar Falls’ story here in Allegany City.

About the Instructors

Dave Tsang is a retired General Mills executive with more than 34 years of experience helping employees and organizations around the world improve performance. As a change leader and catalyst, he uses his calm demeanor, witty sense of humor, storytelling and high expectations to create a fun and motivating environment for personal growth and organizational development. His seminar titled “Building a Culture of Health & Wellbeing”, delivered to UnitedHealth Group’s National Leadership Management from Purdue University and his MBA from the University of Minnesota.

Deadline To Register

November 13, 2015

Registration Fee Information

TOTAL CEFEE: $25.00

Make Checks Payable to WMHS