

## HEALTHY FOR LIFE: Goals and Strategies for Promoting a Healthy Lifestyle

### TARGET AUDIENCE

This program is designed for registered nurses and other healthcare providers who deliver patient care in various practice settings.

### LEARNING OUTCOME

To increase the participants' knowledge of both mental and physical health promotion strategies for patients and self.

### PROGRAM OBJECTIVES

At the conclusion of this program the participant will be able to:

1. Define and compare the difference between selfish behavior and self-preservation.
2. Identify three things which bring joy to your life that can be done with little or no money.
3. Name three positive benefits of healthy humor.
4. Develop a written "Self-Care Plan" with 2-3 short term happy goals to be implemented STAT.
5. Define Emotional Intelligence (EI) and describe the need for EI awareness and skills on professional and social levels.
6. Discuss self-awareness, self-regulation, and self-motivation as it relates to EI.
7. Review and understand the revised 2017 Nutrition Label.
8. Identify the benefits of whole food style eating and the health risks associated with a diet high in processed foods.
9. Differentiate between eating as a response to physical hunger rather than emotional appetite.
10. Describe HRV (heart rate variable) and discuss why it is relevant to maintaining a healthy lifestyle.
11. Explain various ways to measure HRV and how to apply daily readings to diet and exercise.

### COURSE DESCRIPTION

This December, we are pleased to provide you with a program which will offer a wealth of information regarding the health promotion of your patients and yourself. Local experts will fill the day with various topics focused on updated strategies to improve both our mental and physical health. Laughing and positivity as a cure, recognizing emotions in yourself and others, evaluating and changing our eating habits, and assessing the effects on the body are the themes our experts will address at this program just in time for the New Year. Join us to learn how to put yourself and your patients on the road towards a healthier lifestyle!

### AGENDA

December 9, 2016

7:30-8:00	Registration and Continental Breakfast
8:00-8:05	Welcome and Announcements <i>Robbie Stefanski, MSN, RN</i>
8:05-9:35	Dare 2 Care 4 Self <i>Cheryl B. Fell, RN-BC</i>
9:35-9:50	Break
9:50-11:20	Emotional Intelligence for Nurses <i>John Ray Broussard, BA</i>
11:20-12:20	Lunch Break (Available on site through the Petroleum Club, \$18.00 cash or check payable to Petroleum Club or participant may leave and return at 12:20 PM)
12:20-1:20	Learning to Eat MindFUL, Rather than MindLESS <i>Kate Rountree, RDN, LDN</i>
1:20-1:35	Break
1:35-2:35	Biohacking: The Importance of Heart Rate Variability for your Health <i>Tyler LaFleur, RN, CEP, CFMP</i>

### CONTINUING EDUCATION

University of Louisiana at Lafayette College of Nursing and Allied Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Louisiana State Board of Nursing – Provider # 9.

To receive 5.0 contact hours, the participant must attend the entire program, and complete and submit the Contact Hour and Evaluation forms.

### DISCLAIMER

American Nurses Credentialing Center (ANCC) accreditation applies only to the educational content of the program. University of Louisiana at Lafayette College of Nursing and Allied Health Professions Continuing Nursing Education Program and ANCC Commission on Accreditation does not approve or endorse any product.

### SPECIAL NEEDS

University of Louisiana at Lafayette will seek to accommodate persons with special needs. If you have a special need which may require accommodations, please notify Continuing Nursing Education, (337) 482-6682 or email [nursing\\_ce@louisiana.edu](mailto:nursing_ce@louisiana.edu) five (5) days in advance to make arrangements.

### FACULTY

#### Cheryl B. Fell, RN-BC

Ms. Fell graduated from Indiana University School of Nursing in 1979. After six years in nursing, she began working in the mental health field where her gift of laughter was encouraged and appreciated by coworkers and patients. She went on to obtain a Psychiatric/Mental Health Nurse certification which she held from 2000-2015. Ms. Fell is also an active member of the Association for Applied and Therapeutic Humor and The Fellowship of Merry Christians as well as a "Camp Bluebird" adult cancer camp volunteer. In 1998, Cheryl created her signature character, Nurse FUNshine, to help promote joy and healing through laughter. Nurse FUNshine strives to be a positive role model for nurses and is a sought-after professional speaker. For the past twenty-one years, Ms. Fell has entertained and educated people from all walks of life about the importance of genuine health and happiness. Her no-nonsense approach to wellness is delightfully documented in her book, *Sunny Side Up*.

#### John Ray Broussard, BA

Mr. Broussard is a world traveler, obtaining his BFA in Communications and Psychology with a minor in Theater from University of Southwestern Louisiana. Mr. Broussard is a Desert Storm veteran with the Louisiana National Guard, 256<sup>th</sup> infantry brigade obtaining Army Achievement and Army Accommodation medals during Desert Storm. He graduated from Dale Carnegie's Win Friends and Influence People course along with the sales and management course, serving as a Graduate Assistant after the completion of each course. He also completed Anthony Robbins Personal Power to Success course. Mr. Broussard is a certified Chaplin at the Lafayette Parish Correctional Facility and a certified hospice volunteer for Acadian Hospice and Palliative Care. In addition, he is a professional stand-up comedian, actor, and inventor.

#### Kate Rountree, RDN, LDN

Ms. Rountree, a graduate of LSU and Vanderbilt University Medical Center, began her career in bariatric nutrition over 11 years ago. Since then, she has provided weight management counseling throughout Birmingham, AL, New Orleans, and Acadiana. She currently provides Medical Nutrition Therapy to surgical and non-surgical weight loss patients at Lafayette General Medical Center and weight management and sports nutrition counseling at her private practice, Acadiana Nutrition Group. Ms. Rountree is an avid runner and has a passion for educating the community on the benefits of eating from the ground up, not the box down!

#### Tyler LaFleur, RN, CEP, CFMP

Mr. LaFleur received his BSN from UL Lafayette, is a Clinical Exercise Physiologist through the American College of Sports Medicine, and is a Certified Functional Medicine Practitioner. He has been in the health and wellness coaching industry for 12 years and is completing his second year of his MLAS (Master of Leadership Arts and Sciences) at the Thayer Institute. He is currently the founder and executive officer of Fleurish Health where he works one on one with various athletes and wellness clients as well as writes for *Active in Acadiana* magazine. Previously, Mr. LaFleur served as the CCO and partner for a nationally accredited and privately owned laboratory and was the Chief Wellness Officer for a local innovative safety company.

### REFUND POLICY

**REFUNDS WILL NOT BE ISSUED FOR CANCELLATIONS OR INCORRECT FEE SUBMISSIONS. FEE MAY BE APPLIED TO FUTURE PROGRAMS IF YOU CANCEL AT LEAST TWO DAYS PRIOR TO THE PROGRAM.**

**For your convenience, the College of Nursing accepts telephone registrations. However, it will be necessary to submit payment via mail.**

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**December 9, 2016**

**REGISTRATION FORM**

Name: \_\_\_\_\_  
(Last) (First) (Middle)

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

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

Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_

(C): \_\_\_\_\_

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

Employer: \_\_\_\_\_

**REGISTRATION CAPACITY WILL BE LIMITED.**

*Early Registration Submission is Suggested.*

**(CHECK ONE)**

**REGISTRATION**

_____ Individual	\$80.00
_____ Subscriber Participant	\$20.00
_____ Retired RN	\$30.00
_____ Undergraduate Students and Dietetic Interns	\$10.00
_____ Graduate Students	\$40.00

Please add \$10.00 for registrations received after  
Monday, December 5, 2016.

For your convenience the College of Nursing accepts  
telephone registrations. However, it will be necessary to  
submit payment via mail.

**FOR MORE INFORMATION, CALL 337-482-6682**

**PLEASE MAKE CHECK PAYABLE TO:**

**UL Lafayette**

**College of Nursing & Allied Health Professions**

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College of Nursing & Allied Health Professions  
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Lafayette, LA 70504-3810  
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Fax: 337-482-5053  
Email: nursing\_ce@louisiana.edu  
Web: www.nursing.louisiana.edu



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~Presents~



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**Friday, December 9, 2016  
8:00 AM – 2:35 PM**

**Contact Hours: 5.0**

2016-2017 Subscribers

Abbeville General Hospital  
Acadiana Brain Injury Center  
Complete Home Health  
Cornerstone Village South  
First Option Home Health  
Heart Hospital of Lafayette  
Iberia Medical Center – Main Campus  
Lafayette General Health - Main Facilities  
Lafayette Juvenile Detention Home  
LPSS – Nursing Health Services  
Louisiana Nursing Home Association – Region III  
Our Lady of Lourdes Regional Medical Center  
Park Place Surgical Hospital  
Region IV Nurses  
Women's and Children's Hospital

Presented at  
Petroleum Club of Lafayette  
111 Heymann Blvd  
Lafayette, LA