

**Exhibit Setup 8:00 a.m.-9:00 a.m.**

**Check-In/ Exhibits 9:00 a.m.-10:00 a.m.**

**Breakout Session 1~ 10:00 a.m.-11:15 a.m.**

**\*\*Please note, this session is 15 minutes longer for AF staff/volunteer introduction**

<p><b>“Super Gentle Qigong: Simple Exercises for Arthritis and Chronic Pain.”</b></p> <p>Learn eight simple exercises in this session that will promote healing in the whole body, inside and out. Super Gentle Qigong is a highly accessible way to get some of the great healing benefits for the whole body. It is an effective practice for those new to Qigong, people suffering from injury, arthritis, chronic pain, long-term illness, or mobility issues. Qigong also promotes new vitality through the release of tension, stress, pain and blocks to free flow in the body. Attendees will leave with a set of easy-to-learn movements they can practice every day.</p> <p><b>Dr. Robert Bates, Doctor of Chiropractic; Certified Master of Medical Qigong</b></p>	<p><b>“Common Surgical Treatments of Osteoarthritis for Upper and Lower Extremities.”</b></p> <p>Do you have an upcoming joint surgery scheduled to treat your osteoarthritis? Then please join Dr. Krusniak as he provides attendees with information that will guide you to a better understanding of osteoarthritis, the effects that osteoarthritis has on the upper and lower extremities, and the common surgical interventions used to treat it.</p> <p><b>Dr. Jeff Krusniak, DO~ Orthopedic Surgeon, Doctor of Osteopathy</b></p>	<p><b>“Self-Care for your Hands and Wrists!”</b></p> <p>Come and learn how to create a personalized toolbox for self-care and management of hand and wrist arthritis. This workshop will include information regarding techniques on how to protect your joints, modifying daily activities to preserve your hands and wrists, and identifying helpful ergonomic equipment.</p> <p><b>Lori Libolt, OT~ Occupational Therapist, Certified Hand Specialist</b></p>
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**Breakout Session 2~ 11:30 a.m.-12:30 p.m.**

<p><b>“Living with Knee Osteoarthritis”</b></p> <p>Do you have knee osteoarthritis? Are you looking for non-surgical treatments and procedures? Then this workshop is for you! Dr. Kevin Rupp’s presentation will focus on educating attendees about self-management techniques and prioritizing medical treatments based on the best available evidence for knee osteoarthritis. Attendees will also be provided with handouts of the most commonly prescribed exercises that can be performed at home.</p> <p><b>Dr. Kevin Rupp, DPT~ Doctor of Physical</b></p>	<p><b>“Do I Have Inflammatory Arthritis?”</b></p> <p>Early diagnosis of your arthritis is one of the most crucial first steps for disease management. Come hear from Dr. Kinsella as she reviews signs and symptoms of inflammatory arthritis and the specific tools and techniques used to treat rheumatoid arthritis and related forms of arthritis.</p> <p><b>Dr. Margaret Kinsella, Rheumatologist</b></p>	<p><b>"Over-the-Counter, Prescription or Supplement: Does It Add Up Safely?"</b></p> <p>Communicating with your physician and pharmacist about everything you take is important to ensuring that your treatments are safe and effective. Learn some surprising information about how medications and other therapies work in our bodies and how to make sure you are getting the most out of your medications.</p> <p><b>Sarah Mike, PharmD &amp; Nicole Young, PharmD</b></p>
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## Breakout Session 3~ 1:20 p.m.- 2:20 p.m.

### “Is Tai Chi for Me?”

Experience the calmness and healing that comes from coordinating awareness, movement and breath. In this session, you will learn exercises from Dr. Lam’s Tai Chi for Arthritis program, as well as techniques for bringing breath, balance and alignment into your daily activities. You will gain an understanding of how Tai Chi can positively impact quality of life and help alleviate arthritis pain.

**Lee Willis, Certified Tai Chi for Arthritis Instructor**

### “Joint Surgery: Steps for Success”

Come and get armed with the knowledge of how to properly prepare for a successful outcome of your joint surgery. By the end of this workshop, participants will understand the key components to create a successful surgery environment that includes: 1) knowing your team and who are the people that can help, 2) how to get physically ready and why it is important, 3) how to get mentally ready for surgery, 4) how to get a support system ready, and 5) how to get your environment ready.

**Dr. Sandy Harnden-Warwick, DPT~ Doctor of Physical Therapy**

### “Chronic Inflammation and the Cardiovascular System”

Did you know that chronic inflammation can effect more than your joints? Dr. Peter Beglin will present on how your heart and the entire cardiovascular system are affected by inflammation caused by your arthritis, and what signs and symptoms you should be looking out for.

**Dr. Peter Beglin, Cardiologist**

## Breakout Session 4~ 2:35 p.m.-3:35 p.m.

### “ Arthritis and Arthritis Management: Hips and Knees”

Want to learn exercises that will help with your hip and knee arthritis? Please join Jacqueline Broselle as she demonstrates safe movements and exercises for arthritis that will help with increasing joint strength, stability and decreasing pain.

**Jacqueline Broselle, PT~ Physical Therapist**

### “5 Ways to Reduce Inflammation Naturally”

Diet, Exercise and lifestyle changes are all powerful tools to prevent and even reverse inflammation. In this workshop, you will learn about the best eating pattern for lowering inflammation as well as simple strategies you can do every day for living an anti-inflammatory lifestyle.

**Linda Banks, RDN~ Registered Dietitian-Nutritionist**

### “Therapeutic Massage and Its Benefits on Arthritis”

Who doesn’t like a good massage for pain relief? The panel of Massage Therapists in this workshop will provide participants with information as to how therapeutic massage not only has benefits for your muscles, but the entire body, and can be a great modality in the holistic approach for managing your arthritis and chronic pain.

**Stacy Paul, LMT  
Beccy Bayne, LMT  
Josh Haney, LMT  
Adrianna Royquoral, LMT  
Lori Epp, LMT**