

Setup 7:00 a.m.-8:00 a.m.

Check-In/ Exhibits 8:00 a.m.-9:00 a.m.

Keynote Session 9:00 a.m.-9:30 a.m.

Breakout Session 1~ 9:35 a.m.-10:25 a.m.

<p>“Care for Your Back & Spine”</p> <p>Do you have chronic back pain? If you are looking for non-surgical pain management treatments and procedures, then this workshop is for you! Please join Dr. Packia Raj as he reviews basic back anatomy and explores a variety of non-surgical approaches to dealing with chronic back pain. Attendees will leave with handouts of back exercises to try at home and techniques to relieve pain without surgery.</p> <p>Dr. Llewellyn Packia Raj, M.D. ~ Physiatrist, Physical Medicine and Rehabilitation Specialist</p>	<p>“Movement is Medicine: Perspectives from a Physical Therapist”</p> <p>Exercise is a powerful tool to manage pain and positively impact life with arthritis. In this workshop, learn why physical therapy can be a crucial part of your health care and how therapeutic exercise can reduce pain and improve function. By the end of the workshop, participants will become knowledgeable on treatments for various types of arthritis from a physical therapist’s perspective, and learn about how exercise is beneficial for arthritis. Attendees will also walk away with step-by-step instructions for several functional movements they can practice at home.</p> <p>Carrie Hall, PT ~ Physical Therapist</p>	<p>“The Anti-Inflammatory Diet: Food as Medicine for Your Bones & Joints!”</p> <p>Diet can play a major role in your life with arthritis. Join Registered Dietician Nutritionist, Mary Purdy, for an interactive presentation to learn which foods can help to reduce pain and inflammation, and which can increase inflammation in the body. Come learn about realistic ways to add new and delicious foods into your daily diet that will keep your body humming along!</p> <p>Mary Purdy, MS, RDN ~ Registered Dietitian Nutritionist</p>	<p>“The Importance of Proper Bike Fit”</p> <p>Do you stay active by cycling? If you love to bike or are thinking about beginning to bike, this workshop is for you! Come learn how proper and improper bike positions can impact the comfort and safety of your ride, and which adjustments will help you pedal smarter and get moving! Physical therapists in this workshop will provide participants with information on how an optimal bike position can improve cycling with arthritis or related joint conditions.</p> <p>Dan Druckhammer, PT ~ Physical Therapist</p> <p>Katrina “Kit” Vogel, DPT ~ Doctor of Physical Therapy</p>	<p>“What You Need to Know About Social Security Disability Insurance”</p> <p>Are you interested in applying for Social Security Disability Insurance (SSDI)? In this in-depth overview, come learn more about the SSDI program, the application process, program eligibility, and benefits. Tai Venuti will explain the resources available to help you return to work and will provide a “How to Get Started” checklist for participants interested in applying for SSDI. Attendees will also receive resource sheets for more information and a list of helpline numbers.</p> <p>Tai Venuti, MPH ~ Master of Public Health</p>
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Breakout Session 2~ 10:35 a.m.-11:25 a.m.

<p>“Juggling Arthritis...and Everything Else!”</p> <p>First, you made lifestyle changes to accommodate arthritis pain. Then, before you knew it, arthritis made a significant impact on your life. Have you been diagnosed as pre-diabetic? Have you suffered a heart attack or stroke? Did you know that arthritis pain can be managed through movement? Please join Lisa Stuebing for this interactive and playful presentation to learn the five basic steps to manage arthritis pain and even tackle other health concerns in the process. Participants may even learn to juggle!</p> <p>Lisa Stuebing, Medical Exercise Specialist, Personal Trainer & Certified Arthritis Foundation Exercise Instructor</p>	<p>“How to Navigate the Health Insurance Process”</p> <p>Want to gain a better understanding of your health insurance? Have you been denied for an insurance claim? Come learn a general overview of your rights regarding health insurance, and how to appeal a claim denial. Join Paul DuBois to gain valuable tips and guidance for navigating health insurance, and increase your knowledge on beginning the appeals process.</p> <p>Paul DuBois, Office of the Insurance Commissioner</p>	<p>“Total Joint Replacement: Everything You Need to Know!”</p> <p>Has a total joint replacement been recommended by your doctor? Then please join Dr. Navin Fernando as he provides attendees with an in-depth overview of total joint replacement, how to optimize the procedure to be as effective as possible, and what to expect post-surgery.</p> <p>Dr. Navin Fernando, M.D. ~ Orthopedic Surgeon</p>	<p>Preserving Your Hand Function: From a Hand Therapist’s Perspective</p> <p>This interactive workshop will focus on keeping hands healthy and functional. Molly Allison will explore conventional and natural complementary methods in hand therapy such as customized Silver Ring Splints to stabilize joints, nutrition to keep inflammation at bay, essential oils and self-care techniques to reduce inflammation. Attendees can experience the therapeutic benefit of a warm paraffin hand treatment, explore samples of Silver Ring splints, learn stretches and exercises specific to the hands and upper extremities.</p> <p>Molly Allison, M.S. OTR/L, CHT, SMS~ Occupational Therapist, Certified Hand Therapist, Structural Medicine Practitioner</p>	<p>“Do I Have Inflammatory Arthritis?”</p> <p>Early diagnosis of your arthritis is one of the most crucial first steps for disease management. Please join Dr. Gardner as he provides an overview of inflammatory arthritis and the specific tools and techniques used to treat rheumatoid arthritis and related forms of arthritis.</p> <p>Dr. Gregory Gardner, M.D.~ Rheumatologist</p>
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Breakout Session 3~ 12:20 p.m.- 1:15 p.m.

<p style="text-align: center; color: #0070c0;">“Vibrational Medicine: How Energy Can Influence Your Well-being”</p> <p>Are you interested in alternative approaches to dealing with arthritis pain? Come learn about the nature of energy and how it can be used to promote well-being! Amber West will discuss the basics of chakras, meridians, and acupuncture points, and how they can be accessed to create balance and wellness. Attendees will walk away with an understanding of how essential oils, sound healing, and acupuncture can work as tools of vibrational medicine to improve life with arthritis.</p> <p>Amber West, Acupuncturist</p>	<p style="text-align: center; color: #0070c0;">“Gentle Movements for Arthritis”</p> <p>Experience the gentle, healing, and energizing feeling that comes from the coordination of awareness, movement, and breath. In this interactive session, participants will learn exercises based on the gentle movements and concept of Sun Style Tai Chi and Shibashi (Qi Gong). Learn to listen to your body when exercising and find the “right” exercise modality that is joyful and helpful on your journey to health. Exercises can be done seated or standing, and will focus on practice instead of perfection.</p> <p>Angelika Burns, Certified Tai Chi and Enhanced Fitness Instructor</p>	<p style="text-align: center; color: #0070c0;">“Gadgets, Gizmos, and Other Strategies to Perform Daily Activities with Less Pain”</p> <p>Have daily activities become difficult due to arthritis pain? If so, this workshop is for you! Please join Kristin Jones and Cheryl Crow as they walk participants through “A Day in the Life with Arthritis,” and explore how to perform daily activities with minimal stress to the hands and other joints. Attendees will also get an overview of special equipment and products that can minimize stress to joints while performing daily activities (bathing, cooking, caring for others, etc...), and will practice performing activities in a way that minimizes joint stress.</p> <p>Kristin Jones, OT~ Occupational Therapist Cheryl Crow, OT~ Occupational Therapist</p>	<p style="text-align: center; color: #0070c0;">“Teen Talk” (Ages 13-18)</p> <p>Join us for a special session for teens ages 13-18 with arthritis and related diseases, as well as their teen siblings. Through fun team-building activities and special topic discussions, teens will gain a greater understanding of juvenile arthritis diagnosis and treatment, develop peer to peer support, increase independence and self-confidence, discover new skills and interests, and begin developing the skills they need to be leaders, advocates and champions in their everyday lives.</p> <p>Arthritis Foundation Friends</p>	<p style="text-align: center; color: #0070c0;">“Be A Part of Yes!”</p> <p>Are you experiencing long waits to see your specialist? Do you have expensive medications or can’t get your medications approved? Join Arthritis Foundation Staff and Advocates to learn more about these issues and how you can be a part of the change.</p> <p>Arthritis Foundation Staff and Advocates</p>
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Breakout Session 4~ 1:30 p.m.-2:20 p.m.

<p style="text-align: center; color: #0070c0;">“Teen Talk” (Ages 13-18)</p> <p>Join us for a special session for teens ages 13-18 with arthritis and related diseases, as well as their teen siblings. Through fun team-building activities and special topic discussions, teens will gain a greater understanding of juvenile arthritis diagnosis and treatment, develop peer to peer support, increase independence and self-confidence, discover new skills and interests, and begin developing the skills they need to be leaders, advocates and champions in their everyday lives.</p> <p>Arthritis Foundation Friends</p>	<p style="text-align: center; color: #0070c0;">“Be A Part of Yes!”</p> <p>Are you experiencing long waits to see your specialist? Do you have expensive medications or can’t get your medications approved? Join Arthritis Foundation Staff and Advocates to learn more about these issues and how you can be a part of the “YES!”</p> <p>Arthritis Foundation Staff and Advocates</p>	<p style="text-align: center; color: #0070c0;">“How to Utilize Your Powerful Inner Resources to Support Your Comfort”</p> <p>Come learn how your subconscious mind can hinder or help you achieve your pain management goals. You will leave with the understanding of how perception, beliefs, and expectations play a role in the healing process and achieving your goals. You will develop the powerful language of positive communication, learn how to create your own unique sacred healing space, and how to focus on what you really want. You will also learn simple and effective techniques for reducing pain and improving sleep.</p> <p>Barbara Dailey, ARNP, CMSHt, GIBH, DNP~ Doctor of Nursing Practice, Hypnotherapist</p>	<p style="text-align: center; color: #0070c0;">“Basics of Anti-Inflammatory Eating”</p> <p>Join us for this presentation that focuses on diet options that reduce inflammation and how nutrition plays a role in your health. Attendees will learn basic knowledge of an anti-inflammatory diet and the components of a “healthy plate.”</p> <p>Kory DeAngelo, MS, RDN, CD~ Registered Dietitian</p>	<p style="text-align: center; color: #0070c0;">“Gadgets, Gizmos, and Other Strategies to Perform Daily Activities with Less Pain”</p> <p>Have daily activities become difficult due to arthritis pain? If so, this workshop is for you! Please join Kristin Jones and Cheryl Crow as they walk participants through “A Day in the Life with Arthritis,” and explore how to perform daily activities with minimal stress to the hands and other joints. Attendees will also get an overview of special equipment and products that can minimize stress to joints while performing daily activities (bathing, cooking, caring for others, etc...), and will practice performing activities in a way that minimizes joint stress.</p> <p>Kristin Jones, OT~ Occupational Therapist Cheryl Crow, OT~ Occupational Therapist</p>
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