



New Jersey College Health Association
May 23, 2023
Spring Hybrid Conference

CME/CE Certified Hybrid Activity

Jointly Provided by
New Jersey College Health Association
New Jersey Hospital Association (HRET)

Host

Kathy Maloney, DNP, APN
Director, Monmouth University Health Services

Location

Monmouth University
Stafford Student Center, 2nd Floor, Anacon Hall A
400 Cedar Ave
West Long Branch, NJ 07764

Directions and lodging information

- **General Campus Map:** [Monmouth University campus map](#)
- [Directions to Monmouth University](#)
- **Parking:** Park in Lots 13, 14 & 15 located off of Larchwood Ave.
- **Hotel Reservations**
 - [Holiday Inn Express & Suites West](#)

- [La Quinta Inn & Suites by Wyndham West Long Branch](#)

Activity Overview and Description

- Education on holistic approaches to maintaining optimal health through healthy eating, yoga and ayurveda
- Providing insight into the differences between Marijuana, Cannabis and CBD as well educating on the side-effects of these drugs on the human body

Target Audience

This educational activity will be of interest to Physicians, Registered Nurses and Advanced Practice Nurses

Learning Objectives

Upon completion of this activity, participants should be better able to:

- Develop a better understanding of the benefits of exercise as well as exercises that can be performed in the workplace
- Develop a better understanding of the benefits of yoga and ayurveda on the human body
- Develop a better understanding of the differences between marijuana, cannabis and cbd as well as have a better understanding of the side-effects of these drugs on the human body

Accreditation

Nurse Jersey State Nurses Association Accreditation Statement

NJHA-HRET is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited provider by the American Nurses Credentialing Center's Commission on Accreditation. Provisional Provider Number P131-3/2022.

This activity awards 3 AMA/Nursing contact hours (approval pending).

The planning committee, presenters, facility, authors, and content reviewers have no conflicts of interests to disclose. Disclosure forms are required and reviewed for any issues.

Speakers are required to present balanced and unbiased presentations. The presentation content has been reviewed and any bias has been eliminated.

Accreditation status does not imply endorsement by NJHA-HRET, NJSNA, or ANCC Commission on Accreditation of any commercial products displayed with this program.

Medical Society of New Jersey Accreditation

NJHA-HRET is accredited by the Medical Society of New Jersey to provide continuing education for physicians. NJHRET designates live web-based activity for a maximum of 3 AMA PRA Category 2 Credit TM (approval pending). Physicians should claim only the credits commensurate with the extent of their participation in the activity.

Method of Participation

In order to meet the learning objectives and receive continuing education credits, participants are expected to sign on at the beginning of the program and complete a survey at the completion of the program.

Activity Director/Committee

Kyle Weisholtz, DNP, APN, President, NJCHA
Joseph Henson, APN, Vice President, NJCHA
Joan Galbraith, APN, Recording Secretary, NJCHA
Holly Heller, APN, Corresponding Secretary, NJCHA
Kathleen Dolan, APN, Treasurer, NJCHA
Theresa Lord-Stout, APN, Moderator, NJCHA
Janice Vermeychuk, APN, Committee Member, NJCHA

Guest Faculty

- Jill Rodriguez
Yoga Instructor
Integrative Nutrition Health Coach
Rutherford, NJ
- Audra Toner, MS Ed, LPC, LCADC
Executive Director, Counseling and Wellness
Drew University
36 Madison Ave
Madison, NJ 07940

Agenda

Time	Topic
8:30 am - 9:00 am	Registration/Breakfast
9:00 am - 10:30 am	Eat well, do well, be well everyday with yoga and ayurveda Presenter: Jill Rodriguez, Yoga Instructor Integrative Nutrition Health Coach

10:30 am - 12:00 pm	Marijuana, Cannabis and CBD overview Presenter: Audra Toner, MS Ed, LPC, LCADC Director of Counseling Service and Drug and Alcohol
12:00 pm - 1:00 pm	Lunch Break
1:00 pm - 1:30 pm	Business meeting <ol style="list-style-type: none"> 1. Kyle Weisholtz, DNP, APN, President, NJCHA 2. Joe Henson, APN, Vice President, NJCHA 3. Joan Galbraith, APN, Recording Secretary, NJCHA 4. Holly Heller, APN, Corresponding Secretary, NJCHA 5. Kathleen Dolan, APN, Treasurer, NJCHA 6. Janice Vermeychuk, APN, Committee Member, NJCHA
1:30 pm - 2:45 p.m.	Open Forum <ol style="list-style-type: none"> 1. Awards Ceremony
2:45 pm - 3:00 pm	Program Evaluations

Peer Review

In order to help ensure content objectivity, independence, and fair balance, and to ensure that the content is aligned with the interest of the public, NJHA has resolved all potential and real conflicts of interest through content review by non-conflicted, qualified reviewers. This activity was peer-reviewed for relevance, accuracy of content, and balance of presentation by NJHA.

Disclosure Declarations

In accordance with the disclosure policies of NJHA and to conform with Joint Accreditation requirements and FDA guidelines, individuals in a position to control the content of this educational activity are required to disclose to the activity participants: 1) the existence of any relevant financial relationship with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients, with the exemption of non-profit or government organizations and non-health care related companies, within the past 12 months; and 2) the identification of a commercial product/device that is unlabeled for use or an investigational use of a product/device not yet approved.

Faculty

The following faculty have no relevant financial relations to disclose.

- Jill Rodriguez, Yoga Instructor

- Audra Toner, MS Ed, LPC, LCADC

CME/CE Content Peer Reviewers

- The New Jersey Hospital Association

Off-Label/Investigational Use

This activity does not contain information on commercial products/devices that are unlabeled for use or investigational uses of products not yet approved.

Disclaimer

The views expressed in this activity are those of the faculty.