

COURSE DIRECTORS

Andrew Weil, MD
Arizona Center for Integrative Medicine,
The University of Arizona College of Medicine

Fredi Kronenberg, PhD
Stanford University School of Medicine,
Arizona Center for Integrative Medicine,
The University of Arizona College of Medicine



Nutrition & Health

CONFERENCE - 2015

MAY 3-6, 2015

State of the Science & Clinical Applications
Phoenix, AZ, at the Arizona Biltmore Resort & Spa



ARIZONA HEALTH
SCIENCES CENTER



ARIZONA CENTER FOR
Integrative Medicine

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of CMESolutions and University of Arizona Center for Integrative Medicine. The CMESolutions is accredited by the ACCME to provide continuing medical education for physicians.

Why You Should Attend

Your patients increasingly call on your advice for diet and nutrition to promote good health and treat specific conditions. Proper diet is a fundamental building block to good health, yet many practitioners lack the basic expertise in nutrition to recommend dietary strategies to their patients.

To meet this growing need, this course will provide you with essential information on:

- Practical strategies for incorporating nutrition into your clinical practice
- Using diet to prevent illness
- Nutritional recommendations for management of specific conditions
- Tools to evaluate the latest nutrition research findings
- Social and political aspects of diet and health

The conference provides an overview and practical summary of the latest information on nutrition and health presented by leaders in scientific research, clinicians skilled in nutritional medicine, experts on food and agricultural policy and innovative chefs.

What You Will Learn

Upon conclusion of this course, you will be able to:

- Incorporate nutritional information into clinical practice and advise patients about eating for optimum health as well as using dietary change as a therapeutic intervention
- Evaluate the benefits and risks of nutritional recommendations for specific health conditions through an analysis of the existing scientific and clinical evidence
- Recognize the emerging science on the impact of the microbiome on health and disease
- Describe current controversies and state of the science regarding carbohydrates, proteins and fats
- Identify aspects of nutrition beneficial to prevention and treatment of several cancers

Educational Format

The conference format includes lectures with question-and-answer periods, panel discussions and a variety of concurrent sessions. There are two major types of concurrent sessions: (1) those that address the nutritional needs of particular types of patients, designated by age, gender or condition, and (2) those that discuss the health benefits or drawbacks of particular types of foods or nutrients.

Learn by Experiencing Fabulous Food

What would a nutrition conference be without great food?

Exceptional meals and tasting breaks are included in the registration fee. Everything served will be designed for participants to experience and taste a unique selection of organic and healthy foods that complement the health and nutrition themes of the conference. Menus are planned with the advice of Rebecca Katz, consulting chef to the conference.

Practice Gap & Needs Assessment

Nutrition is one of the major influences on health and longevity, but physicians and other health professionals are rarely educated in this area. They are often unaware of the latest scientific findings on diet and health and are therefore poorly prepared to advise their patients about designing a diet for optimal well being or using dietary change for management of disease.

This conference will provide an overview of the latest information on nutrition and health, including practical strategies for incorporating nutrition into clinical practice, using diet to prevent illness, nutritional recommendations for management of specific conditions and tools to evaluate the latest nutrition research findings. The conference is designed for physicians, dietitians, nutritionists, nurses, personal chefs, pharmacists, naturopaths and other professionals who make nutritional recommendations as part of their professional practices.

The topic and program for this conference were developed by an advisory group based on feedback from participants in the 2004-2014 Nutrition & Health conferences, data collected from clinicians who have taken part in University of Arizona Center for Integrative Medicine nutrition modules, literature fostering effective nutrition counseling by practitioners and documentation of increased demand for nutrition education for health care professionals, as clearly demonstrated by the overwhelming success of the previous eleven conferences.

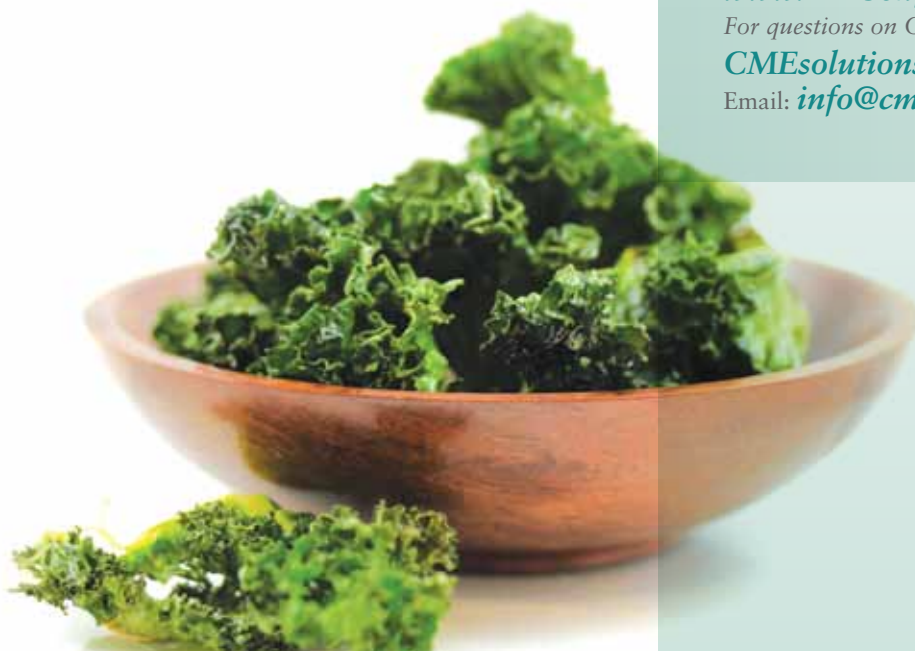
Register online at

www.NHConference.org

For questions on CME credit contact:

CMEsolutions

Email: info@cmesolutions.org



Conference Advisory Group

Andrew Weil, MD
The University of Arizona
Fredi Kronenberg, PhD
Stanford University

Victoria Maizes, MD
The University of Arizona
Jeffrey Blumberg, PhD
Tufts University

Stephen Devries, MD
Gaples Institute for Integrative Cardiology
Christopher Gardner, PhD
Stanford University

Pamela McDonald, NP
Penscott Medical Corporation
Cynthia Thomson, PhD, RD
The University of Arizona

SUNDAY // May 3, 2015

Integrative Pediatrics: Clinician's Mastery Seminar

9:00-10:00 a.m.
Registration

10:00-10:15 a.m.
Hilary McClafferty, MD:
Welcome

10:15-10:30 a.m.
Hilary McClafferty, MD:
Integrative Pediatrics:
Recent Progress, Future Vision

10:30-11:30 a.m.
Sanford Newmark, MD:
The Integrative Treatment of ADHD

11:30 a.m.-12:30 p.m.
Kathi Kemper, MD:
Dietary Supplements: Top Picks in Pediatrics

12:30-1:30 p.m.
Lunch (on your own)

1:30-3:00 p.m.
Karen Olness, MD:
Mind-Body Medicine:
Update and Experiential Seminar

3:00-3:30 p.m.
Break

3:30-5:00 p.m.
Case-Based Expert Panel:
Integrative Approaches in
Acute and Chronic Care
Hilary McClafferty, MD, moderator;
Michelle Brenner, MD; Melanie Brown, MD;
John Mark, MD; Sanford Newmark, MD;
Joy Weydert, MD

REGISTRATION

- MD, DO, ND and other physicians
Full Day \$226.78 / Half Day \$147.39
- Nurses, dietitians, pharmacists, allied health professionals, practitioners in training and others
Full Day \$192.76 / Half Day \$125.28

AzCIM Fellows and Alumni of Fellowship or IHeLp receive 20% discount

MONDAY // May 4, 2015

7:00-8:15 a.m.
Registration/Breakfast On Your Own

8:15-8:30 a.m.
Welcome and Openings
Andrew Weil, MD and Fredi Kronenberg, PhD

8:30-9:15 a.m.
Plenary #1
Andrew Weil, MD:
Dietary Myths

9:15-10:00 a.m.
Plenary #2
Justin Sonnenburg, PhD:
Gut Microbes and Optimal Physical and Mental Health

10:00-10:15 a.m.
Ask the Experts
Q & A with Plenary 1 & 2 speakers

10:15-11:00 a.m.
Tasting Opportunity

11:00-11:45 a.m.
Plenary #3
Louis Ignarro, PhD:
Nitric Oxide and Healthy Aging

11:45 a.m.-12:30 p.m.
Plenary #4
David Rakel, MD:
Nutrition to Mend the GI Ecosystem

12:30-12:45 p.m.
Ask the Experts
Q & A with Plenary 3 & 4 speakers

12:45-2:00 p.m.
Lunch

2:00-3:00 p.m.
Concurrent Sessions
a. Geeta Maker-Clark, MD: Maternal Nutrition and the Infant Microbiome
b. Mark Messina, PhD: Soy, Phytoestrogens and Health: Where Does the Science Stand?
c. Cynthia Lair, CHN: Fermented Foods: How and Why to DIY

d. Jeffrey Blumberg, PhD & Cynthia Thomson, PhD: What to Drink? Choosing Healthy Beverages
e. Eric Ding, ScD: Evidence-based Assessment of Cocoa Flavanol Effects on Cardiovascular and Metabolic Risk Factors

3:15-4:00 p.m.
Plenary #5
David Jacobs, PhD: Whole Grain Foods, Seeds, Dietary Patterns and Health

4:00-5:00 p.m.
Plenary #6
Randy Horwitz, MD, PhD: The Year in Review: Noteworthy Articles

5:00-5:30 p.m.
Ask the Experts
Q & A with Plenary 5 & 6 speakers

5:30-6:30 p.m.
Meet the Faculty Reception

TUESDAY // May 5, 2015

7:00-8:00 a.m.

Registration/Breakfast

8:00-8:15 a.m.

Introduction to the Day

8:15-9:00 a.m.

Plenary #7

Michael Davidson, MD:

Novel Developments of Omega-3's for Dyslipidemia and CHD Risk

9:00-9:30 a.m.

Plenary #8

Aaron Katz, MD:

Prostate Cancer and Diet

9:30-10:15 a.m.

Plenary #9

Robert Rountree, MD:

The Care and Feeding of Our Mitochondria

10:15-10:30 a.m.

Ask the Experts

Q & A with Plenary 7-9 speakers

10:30-11:15 a.m.

Tasting Opportunity

11:15-11:45 a.m.

Plenary #10

Victoria Maizes, MD:

Eating Green and Clean: Avoiding Environmental Chemicals in Our Diet

11:45 a.m.-12:15 p.m.

Plenary #11

James Levine, MD, PhD:

Get Up! Why Your Chair Is Killing You and What You Can Do about It

12:15-12:45 p.m.

Plenary #12

Matthew Buman, PhD:

Wearables and Smartphones: Strategies to Get People Moving

12:45-1:15 p.m.

Ask the Experts

Q & A with Plenary 10-12 speakers

1:15-2:30 p.m.

Lunch

2:30-3:30 p.m.

Concurrent Sessions

f. Siri Chand Khalsa, MD: Bitter is Better: Insights on Inflammation from Ayurvedic Principles

g. Scott Going, PhD: The Body Composition Toolkit: Practical Methods for Body Composition Assessment

h. Michelle Brenner, MD: Breastfeeding: More Than Just Attractive Packaging

i. Fredi Kronenberg, PhD, Douglas Taren, PhD & Robert Graham, MD: Food and Nutrition Innovations in Hospitals, Medical Centers and Their Local Communities

j. Guy Crosby, PhD: Pairing Cooking Science with Nutrition

3:45-4:45 p.m.

Concurrent Sessions

k. Natalie Ledesma, MS, RD: Nutrition and Breast Cancer

l. Ruth Patterson, PhD: Intermittent Fasting and Metabolic Health

m. Myles Spar, MD: Crafting Nutritional Messages for Men without Using the Word "Diet"

n. Patricia Thompson, PhD: Red Meat with Your Vegetables — Modifying the Risk of Red Meat

o. Rebecca Katz, MS: Food and Mood: Cooking for Mental Clarity

5:00-6:00 p.m.

Plenary #13

Protein: Fads, Myths, Facts

Christopher Gardner, PhD, moderator;

Heather Leidy, PhD; Arlin Wasserman, MS, MPH

6:00-6:15 p.m.

Ask the Experts

Q & A with Plenary 13 speakers

WEDNESDAY // May 6, 2015

7:00-8:00 a.m.

Registration/Breakfast

8:00-8:15 a.m.

Introduction to the Day

8:15-8:45 a.m.

Plenary #14

Stephen Devries, MD:

Saturated Fats: State of the Science

8:45-9:15 a.m.

Plenary #15

Carole Palmer, EdD:

More than Just Sugar: Synergisms between Nutrition and Oral Health, and Why They Really Matter!

9:15-9:45 a.m.

Plenary #16

Carol Johnston, PhD, RD:

Novel Dietary Approaches to Diabetes Care and Prevention: a Focus on Vinegar

9:45-10:15 a.m.

Ask the Experts

Q & A with Plenary 14-16 speakers

10:15-11:00 a.m.

Tasting Opportunity

11:00 a.m.-12:00 p.m.

Plenary #17

Nutritional Aspects of Patient Care:

Case Studies Panel

Hilary McClafferty, MD, moderator

12:00-12:15 p.m.

Ask the Experts

Q & A with Plenary 17 speakers

12:15-1:15 p.m.

Plenary #18

Andrew Weil, MD & Rebecca Katz, MS:

Cooking for Your Health: Techniques for Creating Fast, Fresh and Delicious Food

1:15-1:30 p.m.

Closing

Andrew Weil, MD and Fredi Kronenberg, PhD

FACULTY

Jeffrey Blumberg, PhD

Professor, Friedman School of Nutrition Science and Policy, Director, Antioxidants Research Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University

Michelle Brenner, MD

Associate Professor, Clinical Pediatrics, Children's Hospital of the King's Daughters/Eastern Virginia Medical School

Melanie Brown, MD

Associate Professor of Pediatrics, Associate Program Director, Residency Program, Pediatric Integrative Medicine in Residency Faculty Site Leader, University of Chicago Medicine

Matthew Buman, PhD

Assistant Professor, Exercise & Wellness, School of Nutrition and Health Promotion, Arizona State University

Robert Crocker, MD

Director, Strategic Clinical Planning and Implementation, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

Guy Crosby, PhD

Author, *The Science of Good Cooking: Science Editor for America's Test Kitchen and Cook's Illustrated*; Adjunct Associate Professor, Department of Nutrition, Harvard School of Public Health

Michael Davidson, MD

Clinical Professor of Medicine, Director of Preventive Cardiology, University of Chicago Medicine

Stephen Devries, MD

Executive Director, Gaples Institute for Integrative Cardiology

Eric Ding, ScD

Faculty, Research Scientist, Harvard School of Public Health

Christopher Gardner, PhD

Associate Professor of Medicine (Research), Stanford Prevention Research Center, Stanford University School of Medicine

Scott Going, PhD

Professor and Department Head, Department of Nutritional Sciences, University of Arizona

Robert Graham, MD

Director of Integrative Health & Therapies, Director of Resident Research, Internal Medicine Residency Program, Lenox Hill Hospital; Assistant Professor of Medicine, Hofstra-North Shore LIJ School of Medicine

Randy Horwitz, MD, PhD

Medical Director, Arizona Center for Integrative Medicine, Associate Professor of Clinical Medicine, University of Arizona College of Medicine

Louis Ignarro, PhD

Distinguished Professor Emeritus, Department of Pharmacology, David Geffen School of Medicine, University of California, Los Angeles

David Jacobs, PhD

Professor, Division of Epidemiology and Community Health, University of Minnesota

Carol Johnston, PhD, RD

Professor and Director, Nutrition Program, School of Nutrition & Health Promotion, Arizona State University

Aaron Katz, MD

Chairman of Urology, Winthrop University Hospital, Garden City, NY; Professor of Urology, Stony Brook University School of Medicine

Rebecca Katz, MS

Author and Executive Chef, Commonwealth's Cancer Help Program, Bolinas, CA

Kathi Kemper, MD, MPH

Professor, Pediatrics, Nursing, Dietetics, Health and Rehabilitation Sciences, Director, Center for Integrative Health and Wellness, Wexner Medical Center, The Ohio State University

Siri Chand Khalsa, MD

Medical Director, Hospice of the Valley, Phoenix

Fredi Kronenberg, PhD

Consulting Professor, Department of Anesthesia, Stanford University School of Medicine; Senior Lecturer, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

Natalie Ledesma, MS, RD

Oncology Dietitian, Cancer Resource Center, UC San Francisco Helen Diller Family Comprehensive Cancer Center; Clinical Nutrition Specialist, Smith Integrative Oncology, San Francisco

Cynthia Lair, CHN

Assistant Professor and Culinary Curriculum Director, Department of Nutrition and Exercise Science, Bastyr University

Heather Leidy, PhD

Assistant Professor, Department of Nutrition and Exercise Physiology, University of Missouri School of Medicine

James Levine, MD, PhD

Professor of Medicine (Endocrinology), Mayo Clinic, Scottsdale, AZ; Professor, College of Health Solutions, Arizona State University

Victoria Maizes, MD

Executive Director, Arizona Center for Integrative Medicine, Professor of Medicine, Family Medicine and Public Health, University of Arizona College of Medicine

Geeta Maker-Clark, MD

Integrative Family Physician, NorthShore University HealthSystem; Coordinator of Integrative Medical Education, Clinical Assistant Professor, Pritzker School of Medicine, University of Chicago; Founder, Food as Medicine workshop series

John Mark, MD

Professor of Medicine, Pulmonary Medicine, Clinical Professor of Pediatrics, Medical Director, Complex Care Initiative, Pediatric Integrative Medicine in Residency Faculty Site Leader, Stanford School of Medicine

Hilary McClafferty, MD

Assistant Professor, Pediatrics and Medicine, Director, Pediatric Integrative Medicine in Residency Program, Interim Fellowship Director, University of Arizona Center for Integrative Medicine, University of Arizona College of Medicine

Mark Messina, PhD

President, Nutrition Matters, Inc.; Executive Director, Soy Nutrition Institute; Adjunct Associate Professor, Department of Nutrition, School of Public Health, Loma Linda University

Sanford Newmark, MD

Professor, Department of Pediatrics, Medical Director, Osher Center for Integrative Medicine, University of California, San Francisco

Karen Olness, MD

Professor of Pediatrics, Global Health and Diseases, Case Western Reserve University School of Medicine

Carole Palmer, EdD

Professor and Head, Division of Nutrition and Oral Health Promotion, Department of Diagnosis and Health Promotion, Tufts University School of Dental Medicine

Ruth Patterson, PhD

Professor, Department of Family and Preventive Medicine, Program Leader, Cancer Prevention, Moores Cancer Center, University of California, San Diego

David Rakel, MD

Associate Professor, Department of Family Medicine, Founder and Director, Integrative Medicine Program, University of Wisconsin School of Medicine and Public Health

Robert Rountree, MD

Owner, Boulder Wellcare, Inc., Boulder, CO

Justin Sonnenburg, PhD

Assistant Professor, Department of Microbiology and Immunology, Stanford University School of Medicine

Myles Spar, MD

Clinical Faculty, David Geffen School of Medicine at UCLA; Founder and Executive Director, Integrative Medicine Access

Douglas Taren, PhD

Associate Dean for Academic Affairs, Professor of Public Health, Mel and Enid Zuckerman College of Public Health, University of Arizona

Patricia Thompson, PhD

Professor, Department of Pathology, Associate Director for Basic Research, Cancer Center, Stony Brook University School of Medicine

Cynthia Thomson, PhD, RD

Professor, Health Promotion Services, Director, University of Arizona Canyon Ranch Center for Prevention and Health Promotion, Mel and Enid Zuckerman College of Public Health, University of Arizona

Arlin Wasserman, MS, MPH

Founder and Partner, Changing Tastes; Chair, Menus of Change Sustainable Business Leadership Council, Culinary Institute of America and Harvard School of Public Health

Andrew Weil, MD

Founder and Director, Arizona Center for Integrative Medicine, Clinical Professor of Medicine and Public Health, Jones/Lovell Chair in Integrative Rheumatology, University of Arizona College of Medicine

Joy Weydert, MD

Associate Professor of Pediatrics and Integrative Medicine, Pediatric Integrative Medicine in Residency Faculty Site Leader, University of Kansas Medical Center

REGISTRATION

The syllabus will be online for the 2015 conference, providing attendees with the most current and complete information from conference speakers. You may choose to receive a print version of the syllabus book that includes the speakers' presentations received by the print deadline.

Tuition includes course materials, continuing education credit and meals designated in the program. Tuition paid to the University of Arizona is not a tax deductible gift contribution. Tuition, meals and lodging may be tax deductible as education expenses. Check with your tax adviser.

	<i>Early Bird</i> through January 31	<i>Registration</i> February 1-April 14	<i>Late Registration</i> April 15-May 2
• MD, DO, ND and other physicians	\$899.06	\$1,004.06	\$1,243.75
• Nurses, dietitians, pharmacists, allied health professionals, practitioners in training and others	\$724.07	\$849.07	\$1,056.25

AzCIM Fellows and Alumni of Fellowship or IHeLp receive 20% discount

STUDENT SCHOLARSHIPS

A limited number of partial registration scholarships will be awarded to health care profession students, who will be allowed to register for the conference for a fee of \$325. Interested students should submit proof of student status and an essay of no more than 250 words, explaining how they would benefit from attending the conference. Applications must be received by February 15, 2015. Please email applications to Pamela Parry, Conference Manager, pamparry@email.arizona.edu. Applicants who do not receive a scholarship will still be allowed to register at the early bird rate after the deadline.

SPECIAL ASSISTANCE

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by completing a customer service ticket at www.nutritionandhealthconf.org/conference/support/index.html. Requests should be made as early as possible to allow time to arrange the accommodation.

CANCELLATION AND REFUND POLICY

Cancellations received in writing on or before April 20, 2015, will be refunded less a 15% administrative fee. No refunds will be made after that date. Substitute participants will be accepted.

HOTEL INFORMATION

The course will be held at the world-renowned Arizona Biltmore Resort & Spa (2400 E. Missouri, Phoenix, AZ 85016). Built in 1929 and recently renovated, the hotel retains much of its original Frank Lloyd Wright-inspired elegance. Set in the heart of Phoenix, convenient to Sky Harbor Airport and world-class shopping and cultural amenities, the Biltmore has been a favorite of celebrities and U.S. presidents throughout its colorful history. Its 39 lush acres offer various recreational opportunities, including three championship golf courses, tennis courts, eight swimming pools and beautiful hiking trails. Amenities include a luxurious spa and a fully equipped recreation center that offers a daily schedule of classes, including yoga, meditation, tai chi and pilates. Visit www.arizonabiltmore.com for more information.

Special room rates will be honored the nights of March 2-7 for conference participants – \$240 single or double occupancy. Attendees wishing to arrive up to 3 days earlier or stay up to 3 days later will be offered the group rate based on availability for the extra nights. Check-in time: 4:00 p.m. Check-out time: Noon. We anticipate that the hotel rooms will fill early. To secure a room and avoid disappointment, please make your reservations as soon as possible and prior to the cut-off date. Rooms will be held until 4/3/15 or until the group block has filled, whichever comes first. After this date, reservations will be accepted only on a space-available basis.

For reservations, contact the Arizona Biltmore at (800) 950-0086 and ask for the "UOFA" room block code to qualify for the special group rate. Reservations can also be made online via the following Passkey website: www.NHConference.org/hotel. All rooms must be guaranteed by a one-night deposit, which is fully refundable up to 3 days prior to arrival, after which they are non-refundable.

Continuing Medical Education Credit

Accreditation:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of *CMEsolutions* and Arizona Center for Integrative Medicine. *CMEsolutions* is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The *CMEsolutions* designates this live activity for a maximum of 25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Chiropractic:

The State Boards of Chiropractic of Arizona, Colorado, Connecticut, Georgia, Idaho, Illinois, Indiana, Iowa, Michigan, Mississippi, Montana, Nebraska, New Mexico, Oklahoma, Oregon, Rhode Island, South Carolina, Utah, Vermont, Virginia, Washington, and Washington DC Chiropractic Physicians (DC) accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME. This activity has been approved for a maximum of 25 *AMA PRA Category 1 Credits™*.

AAPA:

American Academy of Physician Assistants accepts certificates of participation for educational activities certified for Category 1 credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credits™* from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of 25 *AMA PRA Category 1 Credits™* for completing this program.

AAFP:

This Live activity, Nutrition and Health Conference 2015, with a beginning date of 05/03/15, has been reviewed and is acceptable for up to 22.75 Prescribed credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMA/AAFP Equivalency:

AAFP Prescribed Credit is accepted by the American Medical Association as equivalent to *AMA PRA Category 1 Credits™* toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

AOA:

CME activities approved for AAFP credit are recognized by the American Osteopathic Association as equivalent to AOA Category 2 credit.

ACNP:

American College of Nurse Practitioners accepts *AMA PRA Category 1 Credits™*. This activity has been approved for a maximum of 25 *AMA PRA Category 1 Credits™*.

Dietetic:

The Commission on Dietetic Registration has approved this activity for a maximum of 24.5 CPEUs.

Nursing:

This continuing nursing education activity was approved by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 24.5 contact hour provided. ID# 59-15. Western Multi-State Division and ANCC Commission on Accreditation do not approve or endorse any commercial products displayed.

ACPE:

The *CMEsolutions* is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is approved for 24.50 contact hours 2.45 CEUs. ACPE Program Number: 0274-9999-15-006-L04-P.