



**1st Annual**  
**Mind, Body and Spirit**  
**Symposium: The Essence**  
**of Aromatherapy**

Thursday & Friday  
October 12 & 13, 2017  
9 a.m. - 4:15 p.m.

LOCATION  
Holiday Inn-I95  
1994 Ceder Creek Road  
Fayetteville, NC 28312

## Target Audience

All health care professionals and others interested in learning about aromatherapy.

## Program Description

Join us for this exciting two day event to enhance knowledge about new research and up to date information on essential oils and their everyday use. Many refer to Aromatherapy as Essential oils therapy in which uses essences from plants for holistic healing. Over the years, this approach has encompassed the entire body, mind and spirit. Aromatherapy (Essential Oils) can be used in the assistance from mood management to pain management; and all the the in between; such as, allergies, sleep apnea and overall general wellness. Whether you have recently started using essential oils in a clinical or personal setting or you are only wanting to learn more, then this class will be perfect for you. Register today to learn and about the significance of aromatherapy and hands- on knowledge, please come out and join us for this exciting and informative, two day event! If you cannot attend both dates, you can register for one!

## Objectives

Upon completion of this knowledge-based course, the participant will be able to:

- Define essential oils and their characteristics
- Discuss the various types of aromatherapy approaches in a clinical setting
- Identify appropriate safety precautions when using essential oils
- Identify the various uses of essential oils to a variety of case scenarios
- Describe the health benefits of essential oils
- Review the Do's and Don'ts of using essential oils in a clinical setting
- Describe the applications of essential oils/aromatherapy in a personal or clinical setting.
- Discuss at least three safety issues when using essential oils

## Speakers

Heather Esslinger, RN, After being a nurse for 16 years in the NICU, Heather left bedside nursing to support people in ways to care for themselves with natural alternatives. From the food and supplements we give our bodies to rest and managing stress, they all play vital roles in our health and wellness.

## Agenda

Please note that the topics are not limited to the following for both dates: Introduction and history of essential oils, research behind essential oils, safety precautions when using essential oils, how essential oils are made, essential uses for mood management, aromatherapy and pain management, regulations of essential oils, essential oils for oral care, essential oils and pediatrics, using essential oils in a clinical setting, do's and don'ts of essential oils, applications of essential oils, relaxing with essential oils, aromatherapy first aid, aromatherapy and massage, everyday uses for aromatherapy, aromatherapy and weight loss, blending of essential oils, essential oils for cold and flu season, aromatherapy at the office, seasonal aromatherapy and essential oils antioxidants. If a topic was discussed on one event day, it will not be discussed on the next event day.

### *Agenda for Both Days*

8:15a.m.	Registration and light breakfast snacks
9 a.m.	Morning Session
10:50 a.m.	Break
11 a.m.	Continued Morning Session
12 p.m.	Lunch
1 p.m.	Afternoon Session
2:50 p.m.	Break
3p.m.	Continued Afternoon Session
4p.m.	Questions and Answers
4:20p.m.	Adjourn

## Fee

\$99 for early registration to attend one event day (day one or day two)--only if you are attending one of the days. This rate will expire on September 24, 2017.

\$129 for late Registration to attend one event day (day one or day two)--only if you are attending one of the days. This rate will apply September 25, 2017.

\$179 for early registration to attend both event days. This rate will expire September 24, 2017.

\$209 for late registration to attend both event days. This rate will apply September 25, 2017.

*Meals are included!*

**Payment Policy:** SR-AHEC requires full payment for all registrations prior to the program date. We no longer accept purchase orders or supervisor's approval signatures in lieu of payment. Access to workshop materials and handouts cannot be released until payment is received. Early and regular rates will be determined by the date of receipt.

## Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

## Credit

If you attend both dates: CEU hours: .12 Contact Hours 12.0  
ACPE 12.0 hours

If you attend one of the dates: CEU hours: .6 Contact Hours 6.0  
ACPE 6.0 hours

Disclosure: Southern Regional AHEC adheres to the ACPE policies regarding commercial support. Disclosure of faculty/planning committee members and commercial relationships will be made known of the activity. Speakers are expected to openly disclose a discussion of any off-label, experimental or investigational use of drugs or devices in their presentations.

Participants must attend 100% of program time to receive credit. Partial credit will not be rewarded.

Day 1 ACPE# 0046-9999-17-176-L01-P

Day 2 ACEPE # 0046-9999-17-228-L04-P

Disclosure: Southern Regional AHEC adheres to the ACPE policies regarding commercial support. Disclosure of faculty/planning committee members and commercial relationships will be made known of the activity. Speakers are expected to openly disclose a discussion of any off-label, experimental or investigational use of drugs or devices in their presentations.

Participants must attend 100% of program time to receive credit. Partial credit will not be rewarded.

The North Carolina Area Health Education Centers are an ADA CERP Recognized Provider. ADA CERP is a service of the



American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP. The North Carolina Area Health Education Centers designates this activity for up to 3.0 hours of continuing education credits.

Disclaimer - Dental Institutions providing dental education have an obligation to disseminate new knowledge related to dental practice. In doing so, some information or presentations may include controversial materials or commercial references.

The Southern Regional AHEC office acknowledges that there is potential risk to participants using limited knowledge when incorporating new techniques and procedures into their practices, especially when the continuing education program has not provided them with supervised clinical experience in the techniques or procedures to ensure that they have attained competence. Sponsorship of continuing education courses by the Southern Regional AHEC office does not imply endorsement of a particular philosophy, product or procedure by this institution.

Disclosure - In accordance with the ADA CERP Standard V., everyone involved in planning or presenting this educational activity will be required to disclose any relevant financial relationships with commercial interests and this information will be made available to participants at the start of the activity. As a continuing education provider, the Southern Regional AHEC office is responsible for ensuring the content, quality and scientific integrity of all continuing dental education activities for which credit is provided. The Southern Regional AHEC office is also responsible for taking steps to protect against and/or disclose any conflict of interest of the faculty/instructors presenting those courses.

## Contact

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*In collaboration with UNC Eshelman School of Pharmacy.*



The University of North Carolina Eshelman School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. To receive CE credit, attendance must be acknowledged at the registration desk upon arrival at the program. Statements of credit will be uploaded to CPE Monitor within 4-6 weeks of completion of program. Participants will have access to print CE certificates from their CPE Profile under CPE Monitor.

# Registration Form

Form may be duplicated.

1st Annual Mind, Bod and Spirit Symposium:

The Essence of Aromatherapy

CASCE #53216/ PR171012

**Phone:** 910-678-7226 **Fax:** 910-323-0674

**Online:** <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=53216>

**Mail:** SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

Name \_\_\_\_\_ Last 4 digits of SS# \_\_\_\_\_

Certifications/Degrees \_\_\_\_\_ Specialty Area \_\_\_\_\_ Are you an NCC? \_\_\_\_\_

Employer \_\_\_\_\_ Job Title \_\_\_\_\_

Work Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (work) \_\_\_\_\_ (home) \_\_\_\_\_

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) \_\_\_\_\_ (secondary) \_\_\_\_\_

I am registering for  Thursday, October 12th  Friday, October 13th  Both Days

Do not send email announcements of upcoming SR-AHEC programs.  Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies \_\_\_\_\_

## Payment Information

Check (Make payable to SR-AHEC)

Mastercard / Visa # \_\_\_\_\_ Expiration Date (mm/yy) \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

*The handouts for the program will be provided online through MyCE located on the SR-AHEC website: [www.sr-ahec.org](http://www.sr-ahec.org). Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.*

*For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <http://sr-ahec.org/ContinuingEd/CE.html>*

**Office Use Only:** Check Auth # \_\_\_\_\_ Date \_\_\_\_\_ From \_\_\_\_\_ Amount \$ \_\_\_\_\_

[www.sr-ahec.org](http://www.sr-ahec.org)  
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910-678-7226

Southern Regional  
**AHEC** | Area Health  
Education Center