



SAVE THE DATE!!



February 1, 2014, Saturday
The Heartbeat—Your Heart & Spirituality
8:00 a.m.-3:45 p.m. (Program 9-3:45)

Part of the Shalom Series for Higher Health--Integrating Spirituality with Health

**Learn the latest on heart care. Motivate yourself and others to live heart healthy.
Power your life and community with spiritual tools for “hearty” living!**

Target Audience: Nurses, Community Health Workers (CHWs), Health Ministry Teams, Chaplains, Social Workers, Therapists, Faith Community Leaders, People Interested in Heart Disease

Fee: \$30. Professional CEUs (\$15 Fee) and CHW CEUs Available.

Location: St. Paul’s United Methodist Church, 5501 Main St., Houston, TX, 77004

Keynote Address: **Impact of Healthy Habits on Heart Disease** by Dr. Stephanie Coulter, MD, Texas Heart Institute

Morning Panel: The Latest in Heart Care

Moderator: Richard Wainerdi, PhD, President Emeritus, Texas Medical Center

Stem Cells & Heart Disease: James T. Willerson, MD, President & Medical Director, Texas Heart Institute

Screening Athletes: Thomas DeBauche, MD, Cypress EKG Project

Faith & Heart: Pastor Remus E. Wright, The Fountain of Praise

Heart Ambassadors: Delores A. Saddler, PhD, RN, CGRN, Health & Wellness Ministry, Holy Trinity MBC

Integrative Spiritual Practices: Karen Hahn, PhD, RN, APN, President, Center for Faith & Health Initiatives

General Sessions: Heart Power!

Healthy Heart Game—Manage Your Risks!, Hands-Only CPR, Spiraling Upward for Higher Health—Changing Health Habits, Spirituality and Living with Heart Disease Panel

Afternoon Breakout Sessions: Spirituality & Your Heart

Sleep and Spirituality, Smoking Cessation, Let’s Move, Stress, Hands-Only CPR for Trainers, Meditation, Prayer and Cardiovascular Disease, High Blood Pressure and Spirituality, Depression, Anxiety and Spirituality, Heart Ambassador Testimonies and Tips, Yoga and Your Heart, Eating and Spirituality, Caregiver Spirituality

Free Screenings:

Depression, Body Mass Index (BMI), Sleep, Blood Pressure, Blood Sugar, and Medication Interactions

Educational Exhibits:

Heart Health, Healthy Eating, Exercise, Smoking Cessation, Spirituality, Labyrinth and Stress Management, Twelve-Step Programs, Health Ministry, and Hands-Only CPR

Sponsored by: Center for Faith and Health Initiatives, Institute for Spirituality and Health, TX AHEC East Coastal Region, Greater Fifth Ward Congregational Health Coalition

Co-Sponsors: Texas Heart Institute, Texas Gulf Coast CHW/Promotores Association, Houston Community College Coleman College for Health Sciences

Supporting Partners: Community Health Choice, Gateway to Care, Sheltering Arms, Cartmell Clinical and Consulting Psychology, Harris Health System, Fifth Ward Missionary Baptist Church, Holy Trinity Missionary Baptist Church, UTMB Health School of Nursing, St. Maximilian Kolbe Catholic Community, St. Luke The Evangelist Episcopal Church

Supporting Sponsor: EFCA Health & Caring Ministry

Champion: American Heart Association, MD Anderson Cancer Center