

NANAY Holds Second Annual Healthy Living Seminar

Miami, Florida – August 1, 2011

Close to 100 guests learned about their health, and at least 89 nurse professionals received Continuing Education Unit (CEU) certificates through NANAY's Second Annual Healthy Living Seminar held at Memorial Regional Hospital West in Davie, Florida on July 30, 2011 - thanks to the efforts of the Team Machine, made up of NANAY's Health Committee volunteers.

Judy Hamet, CDE, MSW spoke about "Diabetes and Healthy Living", and the need for lifestyle changes in the treatment of Diabetes and Obesity. Dr. Matthew Soff, explained the causes and manifestations of Irritable Bowel Syndrome. Dr. Jerry Ciocon, Cleveland Clinic Chairman of Geriatric Medicine, described the various types of safe and effective exercises for the older adult. Dr. Diana Galindo explained the appropriate ongoing interventions for overactive bladder and urinary incontinence, while Dr. Jonathan Greer described appropriate treatment strategies for Osteoporosis and Becky Tochip from Metlife talked about the value of early retirement planning.

SFCAPN Continuing education credits were provided by Robin Petit, ARNP, BC, MSN and by Pinky Chance, ARNP, BC, PhD who also coordinated the Healthy Living Seminar. The event was sponsored by Takeda, Eli Lilly, Amgen Pharmaceuticals, Metlife, Novo Nordisk, Pines Home Health and Quease Ease.

