

# Provincial Education Day & Annual General Meeting Weekend

April 30<sup>th</sup> & May 1<sup>st</sup>, 2022

8:30am - 4:30pm

**Location:** Digby Curling Center, 27 Shreve St., Digby

**Registration fee:** \$20.00 per member (**Deadline April 24<sup>th</sup> on CTANS website**)

*Registration is important to allow for proper seating and catering arrangements.*

*Indicate any dietary restrictions and/or allergies*

**Breaks & Lunch:** Will be provided on both Saturday and Sunday.

**Prizes:** Each hospital is asked to bring a door prize.



# Provincial Education Day

Saturday April 30, 2022

Proposed Agenda and Topics:

| <b>Time</b> | <b>Topic/Speaker</b>  |
|-------------|---|
| 8:15-9:00am | Registration  |
| 9:30am      | New Cardiac Medicine, with Pharmacist   |
|             | <b>COFFEE BREAK</b>   |
| 11:00am     | Recreation for the Heart, with a Certified Therapeutic Recreation Specialist (CTRS)   |
|             | <b>LUNCH</b>  |
| 12:45pm     | Cardiac Exercise and Why it is Important (Demos)  |
| 1:30pm      | Smoking, Vaping-How it Affects Our Hearts;<br>Cessation of Smoking, Vaping and What Happens,<br>with the Lung Association of Nova Scotia (LANS) |
|             | <b>COFFEE BREAK</b>   |
| 3:00pm      | Speaker TBA   |

*Evening Social @ 7:00pm* - Location TBA