

## ***Advocates for Quality Healthcare***

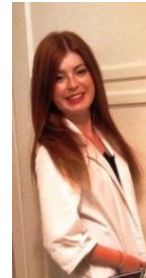
### **December 7, 2017 Meeting**

#### **Effects of Chronic Stress on the Brain and Body**



#### **Speakers:**

Angie Jung, RN, BSN, CRRN, CCM  
Cassidy Sharp, Certified Yoga Instructor



**Location:** Quiet Cannon Conference and Event Center  
901 Via San Clemente, Montebello, CA 90640

Angie Jung has nearly 30 years of case management experience with the workers' compensation industry. She has served as a nurse case management supervisor, regional medical product coordinator, and in-service instructor and health care curriculum developer for professionals in the workers' compensation and healthcare communities. Angie will discuss how chronic stress affects the brain and the body, as well as the general concept of stress, difference between eustress, distress, acute and chronic stress. Techniques for stress reduction will be reviewed and how this can be applied to self or patient education. Lastly, certified yoga instructor, Cassidy Sharp, will invite attendees' participation to yoga techniques for relaxation and stress relief.

#### **Objectives of the program: At the end of this presentation, attendees will be able to:**

1. Define the general concept of stress and differentiate between eustress and distress
2. Describe the effects of chronic stress on the brain
3. Outline the effects of chronic stress on the body systems
4. List strategies to decrease the negative effects of chronic stress
5. Demonstrate basic yoga techniques for relaxation (participation optional)

#### **December 7, 2017 (Agenda):**

**Registration:** 11:00 am – 11:30 am (note earlier time)  
**Lunch & Gift Exchange:** 11:30 am – 1:00 pm  
**Presentation:**  
1:00 Define general concept of stress, eustress and distress  
1:30 Describe the effects of chronic stress on the brain  
1:45 Describe the effects of chronic stress on the body  
2:00 Strategies to decrease the negative effects of chronic stress  
2:30 Yoga techniques for relaxation  
3:00 Q&A

#### **Cost: (No refunds for this event)**

Members: \$25.00  
Non-members: \$35.00

#### **Registration Contact: Debbie Morris**

[DMorris@caremeridian.com](mailto:DMorris@caremeridian.com) / (949) 422-8703  
163 Technology Drive, Suite 200, Irvine, CA 92618

#### **Target Audience: RN, CCM, and other allied health care professionals**

Provider approved by the California BRN, Provider # CEP01219, for 2 contact hours  
Approved by CCMC for 2 CCM CEs, # 170004488