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Our Nurses, Our Future: You Make a Difference* May 5, 2023 Greensboro Coliseum Complex

8:00-8:45	Check-In and Breakfast
8:45-9:00	<p>Welcome to the nurses who met the new challenge to help NC citizens survive Covid-19 the past 2 years!</p> <p>Jean Douglas, PharmD, RPh Chair, ANCBH</p> <p>Merle Green, MPH, MBA Executive Director ANCBH</p>
9:00-10:00	<p>Keynote Speaker: The North Carolina Public Health Nurse: Resilient and Resourceful</p> <p>Rose Hoban, RN, MPH Owner and Editor, NC Health News</p>
10:00-10:15	<p>Overview of North Carolina Professional Organizations Representing Public Health Nurses</p> <p>Joy Smith, RN, MBA NCAPHNA President</p> <p>Liz Stevens, RN, MPH NCPHA Nursing Section Chair</p>
10:15-10:30	Break & Visit Exhibitors
10:30-11:30	<p>Healthy NC 2030: the Future of Local Public Health in North Carolina, and the Task Force on the Future of the Nursing Workforce</p> <p>Brieanne Lyda-McDonald, MSPH Project Director, NCIOM</p>
11:30-12:30	Lunch & Visit Exhibitors
12:30-1:15	<p>Breakout Sessions (Pick One)</p> <p>Healthy Cooking On a Budget Chef N'gai Dickerson, Manager for the American Heart Association Mobile Teaching Kitchen</p> <p>Exercise is Not a Punishment: Addressing Work-Life Balance Using Exercise and Mindfulness Natalie Huffine Wellness Director YMCA</p> <p>Self-Care and Emotional Balance Amichia Gainey-Jones NCDHHS Workforce Development Coordinator</p>
1:15-1:30	Break & Visit Exhibitors

1:30-2:15	Exploring Cultural Humility in Public Health Services Bryle Henderson Hatch, PhD Director Office of Diversity, Equity & Inclusion NCDHHS
2:15-3:00	Breakout Sessions (Pick One) Healthy Cooking On a Budget Chef N'gai Dickerson , Manager for the American Heart Association Mobile Teaching Kitchen Exercise is Not a Punishment: Addressing Work-Life Balance Using Exercise and Mindfulness Natalie Huffine Wellness Director YMCA Managing Stress Through Backyard Container Gardening Ashlie Thomas , Owner The Mocha Gardener
3:00-3:15	Break & Exhibits
3:15-4:00	Stories from the Field: How I Survived the Pandemic as a Public Health Nurse Felicia Reid, RN - Director of Nursing (retired), Guilford County Public Health Livi Shepherd, RN , Guilford County Public Health School Nurse Bonnie Dukeman, RN , Chatham County Public Health Nurse Supervisor Paula Black, RN, MSN , Gaston County
4:00-4:15	Musings from the Chief Public Health Nurse Susan Little, DNP, RN, PHNA-BC, CPH, CPM, FAAN Chief Public Health Nursing Officer NCDPH
4:15-4:30	Door prizes & adjourn

* Preliminary program agenda

This program is being offered through a collaboration between the Association of North Carolina Boards of Health, the North Carolina Association of Public Health Nurse Administrators, the North Carolina Public Health Association, and the Office of the Chief Public Health Nurse/Public Health Nurse Institute for Continuing Excellence.

The Public Health Nursing Institute for Continuing Excellence is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.