2015
EXERCISE IS MEDICINE
SYMPOSIUM

SATURDAY MARCH 7TH IN HSBA AUDITORIUM
COST: $25.00 EARLY REGISTRATION
CONTACT: SARAH THOMAS
SKFRETTI@VALDOSTA.EDU
229-245-6599

VALDOSTA STATE UNIVERSITY
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 AM</td>
<td>On Site Registration</td>
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<tr>
<td>8:00 AM</td>
<td>Exercise Is Medicine</td>
<td>Dr. Ben Hogan, MD</td>
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<tr>
<td>8:45 AM</td>
<td>Exercise &amp; Chiropractic Medicine</td>
<td>Dr. Kimberly Minick, DC</td>
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<tr>
<td>9:30 AM</td>
<td>Exercise &amp; Congestive Heart Failure</td>
<td>Dr. Bonni Cohen, DNP, ANP, FNP, CHFNAP</td>
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<tr>
<td>10:15 AM</td>
<td>Exercise &amp; Peripheral Artery Disease</td>
<td>Dr. Maurice Solis, MD, FACS, FSVS</td>
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<td>11:00 PM</td>
<td>Exercise &amp; Weight Loss</td>
<td>Dr. Mark Kasper, EDD, ACSM-CES</td>
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<tr>
<td>12:30 PM</td>
<td>Physical Ability Testing in Industry</td>
<td>Bart Edgar, MS, ACSM-HFS, CSCS</td>
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<tr>
<td>1:15 PM</td>
<td>Exercise &amp; Neuromuscular Disorders</td>
<td>Dr. Joseph Sharp, DPT, PT, CSCS</td>
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MORNING AND AFTERNOON REFRESHMENTS WILL BE PROVIDED.
**DR. BEN HOGAN, M.D.**

Ben Hogan, MD, was born in Athens, but grew up and currently resides in Valdosta, Georgia. As a high school student at Valdosta High School, Dr. Hogan played quarterback for the Wildcats under legendary coach Nick Hyder, where he was recruited by and received a scholarship to play football for the University of South Carolina. A four-year letterman at USC, Dr. Hogan received various honors during his undergraduate studies, including induction into the Mortar Board and Golden Key Honor Societies and being named Academic All-Southeastern Conference. Dr. Hogan was also awarded a Southeastern Conference Post-Graduate Scholarship and attended Mercer University in Macon, GA, where he earned his Medical Degree before continuing his Family Practice Residency at the University of Alabama in Tuscaloosa. During this time, Dr. Hogan served as President of the Tuscaloosa Family Practice Residency Association and worked closely with the Sports Medicine Team at the University of Alabama Athletics Department. During his Residency, Dr. Hogan also served as local Director of Sports Medicine for HealthSouth in Tuscaloosa covering nine high schools in the area. After completing his Residency, Dr. Hogan moved back to his hometown of Valdosta to open his practice, focusing on primary care and sports medicine for patients of all ages. Dr. Hogan is Board Certified in Family Practice and serves on the Medical Staff at South Georgia Medical Center where he is currently Chief of Family Medicine. He also serves as assistant Medical Director for the Langdale Hospice House. Since returning to Valdosta, Dr. Hogan has also continued to serve as Team Physician for the Valdosta City School System and for the student-athletes at Valdosta State University. Dr. Hogan continues to promote the role of primary care in the sports field as he works with community leaders, organizations, his patients and other individuals in various sports endeavors within our community. An athlete himself, Dr. Hogan regularly competes in endurance sports events, such as triathlons and road races, as well as coaches and supports other athletes in their competitive and recreational health and fitness endeavors. Dr. Hogan is married to Leigh Ann, and they have two children: Haley and Pate. He enjoys spending time with his family, triathlons, golf, mountain biking, tennis...and just about every other sport.

**DR. KIMBERLY MINICK, D.C.**

Dr. Kimberly Minick is an honor graduate of Valdosta State University with a Bachelor of Science in Exercise Science. Determined to combine her love of physiology and the human frame with healing through natural means, she graduated Cum Laude with her Doctor of Chiropractic in 2008 from Life University. She is pursuing a focused study in Functional Medicine to broaden the scope of serving people who want to pursue natural healing. She currently resides and practices in Canton, Georgia where she is planning a multi-disciplinary functional health facility. She somehow manages to do all that while raising three boys, ages 6, 4, and 1 at her side in practice. Her husband, once a skeptic of chiropractic, is now her biggest cheerleader after adjusting and custom orthotics made him a runner again.

**DR. BONNI COHEN, DNP, ANP, FNP, CHFNP**

Dr. Bonni S. Cohen is president of the South Georgia Association of Nurse Practitioners, Valdosta, Georgia. She is the past Georgia State Representative for the American Association of Nurse Practitioners, serving advanced practice nurses within the state of Georgia. Dr. Cohen is an Assistant Professor and the Graduate Programs coordinator at Valdosta State University. She is an Associate in the American College of Cardiology, and has over 30 years of experience in cardiac patient care. She holds the position as lead Nurse Practitioner, with certification in heart failure for the Heart Failure clinic at Valdosta Medical Clinic, Valdosta, Georgia. She earned her ADN from Miami-Dade Community College in 1983, a BSN from the University of Akron in 1995 and her MSN as an Adult Nurse Practitioner/Clinical Nurse Specialist in 2004 from Medical College of Ohio. She completed a Post-Master’s Certificate as a Family Nurse Practitioner at the University of Massachusetts, Boston in 2005. She completed her Doctor of Nursing Practice (DNP) degree from the University of Massachusetts, Boston in May 2013. Dr. Cohen focuses her clinical practice on heart failure. She also has extensive clinical experience in cardiology and critical care transport. She is a member of Sigma Theta Tau honor society, the American Association of Critical Care Nurses, the National Organization of Nurse Practitioner Faculty, the Heart Failure Society of America, the American Association of Heart Failure Nurses, and the American Association of Nurse Practitioners. Dr. Cohen was the principal investigator on a Quality Improvement Project, implementing and integrating early identification of patients in the private clinic setting, with systolic and diastolic heart failure for early evaluation and support of symptom management and quality of life. Her current research focuses on graduate students, simulation and evidence-based practice.
DR. MAURICE SOLIS, M.D., FACS, FSVS
Dr. Maurice Solis completed his medical degree at the Bowman Gray School of Medicine at Wake Forest University in Winston-Salem, North Carolina. He went on to complete his residency at the Mercer University School of Medicine at the Medical Center of Central Georgia in Macon, Georgia. His fellowship in vascular surgery was completed in Little Rock, Arkansas at the University of Arkansas for Medical Sciences and then another fellowship for endovascular surgery in Springfield, Illinois at Southern Illinois University. Dr. Solis is a Fellow of the American College of Surgeons and the Society of Vascular Surgery. He is also currently serving as the Secretary/Treasurer of the Georgia Vascular Society. Dr. Solis received the 1990-91 American Venous Forum Research Award. He is board certified by the American Board of Surgery in vascular and general surgery. Dr. Solis joined the medical staff at South Georgia Medical Center in September 2014 in the specialty of peripheral vascular and endovascular surgery.

DR. MARK KASPER, ED.D, ACSM-CES
Dr. Mark Kasper is no stranger to VSU. He taught in the Exercise Physiology program for 16 years and reached the rank of full professor. Dr. Kasper is responsible in large measure for the establishment of the VSU Exercise Physiology program. He is currently in his fifth year on faculty at Florida State University in the Department of Nutrition, Food and Exercise Science and was the inaugural director of the Institute for Sports Sciences and Medicine at FSU. Mark has a broad research interest in the areas of physical activity/exercise and health/athletic performance, tests and measurements (e.g., validity and reliability of testing methods), epidemiology, and health education. Born and raised in Rolling Meadows, IL he earned his academic degrees from Eastern Illinois University and the Teachers College at Columbia University. Dr. Kasper enjoys the areas of testing and evaluating of physical abilities and their ability to predict health and performance in various populations. He is also passionate about the epidemiology of physical activity and health for prevention and treatment of chronic diseases and illnesses including tests for use in diagnosing or predicting the occurrence of morbidity and mortality. As a former competitive distance runner, he is most passionate about endurance performance and the role of cardiovascular fitness in health and disease.

BART EDGAR, MS, ACSM-HFS, CSCS
Bart Edgar graduated from VSU with his Bachelor of Science in Exercise Physiology in 2006. After a short stint in cardiovascular and pulmonary rehabilitation at Florida Hospital in Ormond Beach, FL, Mr. Edgar went on to further his career as a Research Associate for Indiana University as part of a wellness project with a major class I railroad (CSX Transportation). During his four years of employment with Indiana University, he went on to graduate school where he earned a Master of Science in Human Factors and Ergonomics in 2010. After completing his graduate studies, Mr. Edgar acquired a position at CSX Transportation in 2011. While at CSX, he has held various management positions in Human Factors & Ergonomics, Health & Fitness, and Occupational Health. He currently serves as the Manager of Ergonomics & Occupational Testing where he oversees various employee health and safety initiatives. Mr. Edgar resides in Jacksonville, FL with his wife of nine years, Krystal, and their two boys - Bart Bishop V (2 yr) and Davie Cullen (8 mo).

DR. JOSEPH SHARP, DPT, PT, CSCS
Dr. Joseph Sharp graduated from Valdosta State University in 2006 with a Bachelor of Science in Exercise Physiology. Four years later, he earned his Doctorate of Physical Therapy from the Medical College of Georgia. Dr. Sharp has a strength and conditioning background, derived from his internship experience with VSU Athletics. Dr. Sharp is a Certified Strength & Conditioning Specialist by the National Strength & Conditioning Association. He is the clinic director of PT Solutions Physical Therapy in Chatsworth, Georgia. Outside of the clinic, he leads an active lifestyle: he enjoys hunting, fishing, hiking, running, and spending time with his two dogs. He and his wife, Rachel, recently married and moved to the Bartow county area. Being a former athlete, Dr. Sharp is passionate about treating patients with sports injuries, as well as patients from other subsets.
Registration Form

Instructions:
Please complete the following fields and enclose this form with your $25 payment (check only). Checks should be made payable to the “Health Sciences Excellence Fund.” Registration Form and Payment must be post marked before March 2, 2015.

Mail to:
Sarah Fretti Thomas
Valdosta State University, College of Nursing and Health Sciences
1500 N Patterson Street, Valdosta, GA, 31698

Name: __________________________________________________________

Employer/School: __________________________________________________

Current Occupation: ______________________________________________

Contact Email: __________________________________________________

Mailing Address: _________________________________________________

______________________________________________________________

T Shirt Size:  XS ☐  S  M  L  XL  XXL

Please note:
Late registration (after March 2) and on-site registration (the day of the event) is $30. Participants are not guaranteed a T-shirt in such cases.