

*Recharge*  
OUR PROFESSION  
THE BUSINESS & SCIENCE  
OF WELL-BEING



Saratoga Springs, NY

Up to 12 CEUs

*Agenda subject to change*

**Friday, October 4, 2024 (4.5 CEUs)**

We are excited to offer a 3-hour ultrasound workshop, sponsored by Pacira, on Friday. This is open to CRNAs only. We will also offer a business of anesthesia workshop concurrent with the ultrasound workshop, presented by Matt Zinder. Both tracks are included with full-conference registration.

Registration opens at 11:00 am

11:00 – 12:00 pm	<b>Lunch</b> <i>Gideon Putnam Gallery &amp; Ballrooms</i>
12:00PM – 4:30PM	<b>Exhibitors</b> <i>Gallery</i>
12:00 – 3:30 pm	<b>Track 1: Hands on Ultrasound Workshop, sponsored by Pacira Medical (no CEUs)</b> <i>Gideon Putnam Ballrooms</i> Learn ESP, PENG and Adductor Canal Blocks  <b>Track 2: The Business of Anesthesia Workshop with Matt Zinder (3.0 CEUs)</b> <i>Gideon Putnam Blue Room</i>
4:30 – 5:00 pm	<b>Matt Zinder &amp; Suzie Newell (0.5 CEU)</b> Kick-off and intro to the weekend: The State of the CRNA Profession
5:00 – 6:00 pm	<b>Kelli Dunham, RN, BSN (1 CEU)</b> Flight Fight Freeze Laugh
6:00 – 7:00 pm	<b>Welcome Reception</b> <i>Gallery</i>

**Saturday, October 5, 2024 (3 CEUs)**

Registration opens at 7:00 am

7:00 – 9:00 am	<b>Spa Breakfast with Exhibitors</b> <i>Gallery</i>
7:00 – 7:45 am	<b>Morning Yoga or Forest Walk</b>
8:00 – 9:00 am	<b>Matt Zinder</b> The Physiological Stress Response: Understanding the Positives and Negatives
9:00 – 10:00 am	<b>Suzie Newell</b> Coping Mechanisms Using the Mind and Body

10:00 – 10:30 am	<b>Break with Exhibitors</b>
10:30 – 11:30 am	<b>NYSANA Business Meeting</b>
11:30 am – 12:30 pm	<b>Meaghan Wakefield</b> The Second Victim Effect
12:30 – 2:00 pm	<b>Lunch &amp; Mocktails with Exhibitors</b> <i>Arches Ballroom</i>
8:00 pm	<b>Comedy Night with Nurse Comedian Kelli Dunham</b> <i>Arches Ballroom</i>

**Sunday, October 6, 2024 (4.5 CEUs)**

7:00 – 9:00 am	<b>Spa Breakfast</b> <i>Gallery</i>
7:30 – 8:00 am	<b>Goldie Brangman Lecture</b>
8:00 – 9:00 am	<b>Mark Blazey &amp; Suzie Newell</b> AANA and NYSANA Update
9:00 am – 10:00 am	<b>Suzie Newell</b> The Science is In: A Spiritual Practice Helps
10:00 – 10:15 am	<b>Break</b>
10:15 am – 12:15 pm	<b>Matt Zinder</b> Pillars of health as an Adjunct to Health and Wellness, followed by guided mediation experience and wrap-up,