



# “Mental Health Naturally”

**Date & Location: Monday, January 28, 2019 Dinner meeting**

Embassy Suites West Palm Beach, 1601 Belvedere Rd, West Palm Beach, FL 33406

**Presenter: Kathi J. Kemper, MD, MPH** Dr. Kemper is the Director of the Center for Integrative Health and Wellness and a Professor of Pediatrics at the Ohio State University. She is recognized internationally as the founder of the field of integrative pediatrics. She is the author of 4 books: *The Holistic Pediatrician*; *Mental Health Naturally*; *Addressing ADD Naturally* and *Authentic Healing*.

**Schedule of Meeting:** **5:45 - 6:45** Reception & Registration  
**6:45 - 7:00** Business Meeting & Presentation  
**7:00 - 9:00** Presentation and dinner

Menu Choices:  
Chicken,  
Fish or  
Vegetarian

**\$ 15.00**  
**Savings**  
**until 1/7/19**

**Objectives:** By the end of this session, participants will be able to:

- Help patients with possible anxiety, depression, and/or ADHD identify health goals.
- Use evidence-based resources to recommend, tolerate, monitor, or avoid dietary supplements for mental health
- Promote healthy lifestyle behaviors and evidence-based complementary approaches to achieving optimal mental health

**Target Audience:** Members and Guests of the Palm Beach County Pediatric Society, Pediatric Dentists, Pediatric Sub-specialists, primary care physicians, physician assistants, & nurse practitioners.

## 2 CME Credits

CME Credit provided by AKH Inc., Advancing Knowledge in Healthcare



### Physicians:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AKH Inc., Advancing Knowledge in Healthcare and Palm Beach Pediatric Society. AKH Inc., Advancing Knowledge in Healthcare is accredited by the ACCME to provide continuing medical education for physicians.

AKH Inc., Advancing Knowledge in Healthcare designates this live activity for a maximum of 2.0 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Course Director: Shannon Fox-Levine, M.D., President, Palm Beach Pediatric Society

**Cost: \$90.00 per person for Pediatric Provider members 2019 Dues and meeting**

(2019 Membership dues \$ 50.00 plus meeting cost \$ 40.00) (Honorary PBPS member meeting only \$ 40.00)

**Cost: \$75.00 per person for limited PBPS members, guests or non-members**

(Guests & nurses please become a limited member on membership page prior to registering for meeting)

**Please register and pay online! [www.PalmBeachPediatricSociety.org](http://www.PalmBeachPediatricSociety.org)**

\$15 Late fee after January 21, 2019 Registration deadline: Friday, January 25, 2019

**All participants must be pre-registered & prepaid.**

If you have any questions, please call your MJN Rep who volunteers their time to help: Susie Graham 561-371-0458, Jamie Lorne 561-699-4144 or Casey Laughlin 772-216-1607

2019  
Dues are  
\$ 50.00