



CSNO Bay Coast Spring Conference

Saturday, April 24th 2021 - 9 AM – 1:00 PM

Join us on Zoom - *link will be shared 2-3 days before the event*

Cost:

Free to members or \$35 member fee with CEU

\$20 non-CSNO member or \$55 non-member fee with CEU

Registration is capped at 300 registrants, so sign up ASAP.

We are pleased to have the following presenters discuss Dysautonomia and Meditation.

Dr. Andrew Maxwell, MD, is a Pediatric Cardiologist in Pleasanton, CA who will be joining us to review and discuss **Dysautonomia**. With an increase of students being diagnosed with Postural Orthostatic Tachycardia Syndrome (POTS), this topic is very relevant to our practice today.

Ajili Hodari Esq., is a lawyer, motivational speaker and long-time meditator. He will share with us a **mini-workshop on meditation** and how it can be used as a tool to cope with the challenges of everyday life and reduce stress. His simple yet highly effective method can be the key to deeper concentration, relaxation and help foster greater physical, emotional and spiritual well-being.

Deadline to register: April 21

3.5 CEUs will be awarded for attending the conference in its entirety. You must be present for the full program to receive CEUs, No partial credit can be given.

CSNO is approved by the BRN to provide CEUs under license # 04269.

Schedule:

9 AM -9:05 AM– Welcome and Introductions

9:05 AM -10 AM Dr. Andrew Maxwell, MD – Dysautonomia- All things POTS

10:00 AM – 10:30 AM Q & A with Dr. Maxwell

10:30 AM – 10:40 Break/Networking *(do not exit the zoom meeting, please mute your microphone and turn off your video camera if you are walking away from your computer)*

10:40 AM – 11:15AM Bay Coast Board Meeting and Awards Presentation

11:15AM -12:45 PM – Ajili Hodari, Esq – Benefits of Meditation

12:45 PM – 1:00 PM - Closing Remarks