

Planning Committee Members

Christine Bryant  
Rebecca Cozzi  
Tanya Eikstadt  
Anne Gavic  
Betsy Hart  
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Amy Hornbuckle  
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Sarah Johnston  
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Marilyn Pastrovich  
Lori Richardson  
Melissa Tracy

SPONSORS  
as of January 20, 2026

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Proudly presents:

The 35th Annual  
Cardiopulmonary  
Rehabilitation  
Educational  
Conference

March 13-14, 2026

Lewis University  
101 Airport Road  
Romeoville, IL 60446

Pre-Conference Workshop

Friday March 13, 1:00-4:00pm

“AACVPR Program Certification  
and ITP Guidelines for Cardiac  
and Pulmonary Rehabilitation”

Mark Stout, MS, CCRP,  
MAACVPR.

Speakers

**Neelum T. Aggarwal, MD.** Professor, Rush University Medical Center, Chicago, IL.

**Roselle Almeida, MD.** Director of Respiratory & Pulmonary Rehab Medicine, Riverside Medical Center, Kankakee, IL.

**Gerene S. Bauldoff, PhD, RN, FCCP, FAAN, MAACVPR.** Academy Professor Emeritus, The Ohio State University and Nationwide Children’s Hospital, Columbus, OH.

**Thomas Carey, Pharm D.** Senior Director of Pharmacy, UW Health Northern Illinois, Rockford, IL.

**Joel Hardwick, DCEP, ACSM-CEP.** Clinical Assistant Professor; Director of Cardiac Rehabilitation, University of Illinois, Chicago.

**Dawn Herbig, MS, RDN, LDN.** Clinical Dietician, Endeavor Health Northwest Community Hospital, Arlington Heights, IL.

**Leonard A. Kaminsky, PhD, MAACVPR.** Director Emeritus, Fisher Institute of Health & Well-Being, Professor Emeritus, Ball State University, Muncie, IN.

**Halle McCormick, ACE, SCW Personal Training, MedFit Classroom Alzheimer’s Fitness Specialist.** Founder & Creator of Brain Body Fitness, LLC, Western Springs, IL

**Ghulam Murtaza, MD.** Cardiac Surgeon, UW Health Northern IL, Rockford, IL.

**Kathleen Peters, MS, ACSM-CEP.** Lead Exercise Physiologist, Ann & Robert Lurie Children’s Hospital, Chicago, IL.

**Mark Stout, MS, CCRP, MAACVPR.** Program Supervisor, Cardiac Rehabilitation, Lexington Health, West Columbia, SC.

**Bryan J. Taylor, PhD, FACS, FAACVPR.** Consultant, Cardiovascular Medicine, Mayo Clinic in Florida, Jacksonville, FL.

Friday, March 13, 2026

5:00pm	Registration/Dinner Provided Vendors/Connecting with the Future
5:45pm	Welcome
6:00-7:00pm	<b>Roselle Almeida, MD.</b> ION Robotic Navigation - Bronchoscopy.
7:00-8:00pm	<b>Thomas Carey, Pharm D.</b> From Heart to Lungs: The Blunt Truth about Cannabis.

Saturday, March 14, 2026

7:00am	Registration/Hot Breakfast Provided Vendors/Connecting with the Future
7:50am	Opening Remarks
8:10am - 9:00am	<b>Neelum T. Aggarwal, MD.</b> From Heart Disease to Alzheimer’s Pathology: Emerging Diagnostics at the Heart-Brain Interface. <b>Halle McCormick, ACE, SCW, Medfit certified.</b> Brain Body Fitness. Train Today. Protect Tomorrow.
9:00am - 9:50am	<b>Gerene S. Bauldoff, PhD, RN, FCCP, FAAN, MAACVPR.</b> Sex on the Beach (OK-so it’s Lake Michigan-it’s still a beach!).
9:50am - 10:20am	Break/Anne Gavic Award Vendors/Connecting with the Future
10:20am - 11:10am	<b>Bryan J. Taylor, PhD, FACS, FAACVPR.</b> Inspiratory Muscle Weakness in Cardiopulmonary Rehabilitation: The Impact of Inspiratory Muscle Training.
11:10am - 12:00pm	<b>Joel Hardwick, DCEP, ACSM-CEP; Dawn Herbig, MS, RDN, LDN.</b> Making the Case: GLP1 vs. Healthy Lifestyle Change.
12:00pm-1:00pm	Lunch Provided – Sponsored by Pritikin ICR Vendors/Connecting with the Future
1:00pm-1:50pm	<b>Lenny Kaminsky, PhD, MAACVPR.</b> The Importance of the Volume of Exercise to Optimize Outcomes in Cardiac Rehabilitation.
1:50pm - 2:40pm	<b>Kathleen Peters, MS, ACSM-CEP.</b> The Basics of Pediatric Cardiac & Pulmonary Rehabilitation.
2:40pm - 3:30pm	<b>Ghulam Murtaza, MD.</b> Robotic Heart Procedures.



### Our Mission Statement:

The Illinois Society for Cardiopulmonary Health and Rehabilitation is dedicated to the improvement of clinical practice, enhancement of communications between professionals, promotion of scientific inquiry and the advancement of education for the benefit of health care professionals and the public.

ISCHR is a Joint Affiliate of AACVPR. To become a member, pay your dues through AACVPR. Go to: [www.aacvpr.org](http://www.aacvpr.org) and click on the link: **JOIN**. As an ISCHR/AACVPR member, you will:

- Receive ISCHR e-mails on state issues, access to “Members Only” sections of the web-site, reimbursement updates, regional news/educational opportunities
- Receive discounted price to the Annual AACVPR and ISCHR Conferences
- All AACVPR member benefits
- Affiliate membership includes AACVPR Education Advantage status. (includes 10 CEUs)

Overview of members: Dietitians, Exercise Physiologists, Physicians, Registered Nurses, and Respiratory Therapists working in Cardiopulmonary Rehabilitation Programs.

Membership dues are based on the AACVPR fiscal year (July 1– June 30).

- Professional/Joint Affiliate - \$235
  - Emerging Professional (Students & those new to CR & PR within the last two years) - \$60
- [www.aacvpr.org](http://www.aacvpr.org)

### Educational Credits

#### CEUs are included in registration!!

CEU's have been applied for from The American Association for Cardiovascular and Pulmonary Rehabilitation and The American Association of Respiratory Care.

### Conference Location

Lewis University  
Building: St. Charles Borromeo  
Room: “The Flight Deck”  
101 Airport Road  
Romeoville, IL 60446

*Directions will be issued via e-mail after your registration has been received.*

**Parking:**  
*Available in Lots SB1 - SB5*

[Romeoville Campus](#) | [Campus Map](#)

### Hotel Information

Holiday Inn & Suites  
205 Remington Blvd., Bolingbrook, IL  
630-679-1600

Room Rate: \$119 King or 2 Queens

-or-

Residence Inn  
180 Remington Blvd., Bolingbrook, IL  
630-332-5200

Room Rate: \$129 Studio King suite

**Reserve by 2/13/2026 to receive discounted rate. Mention ISCHR Conference if reserving by phone.**

**Links to hotel registration are on [ischr.org](http://ischr.org), or scan below**

### Hotel Reservation

*Holiday Inn*



*Residence Inn*



### Networking Events

**ISCHR SOCIAL  
EVERYONE WELCOME!!**

**Friday March 13, 2026**

**8:30 - 10:00pm**

**Please join fellow attendees at the  
Holiday Inn & Suites:  
“Hanover & Hardy’s”  
Cash Bar**

**“CONNECTING WITH THE FUTURE”**

**Network together in one space!**

**FRIDAY & SATURDAY  
DURING EACH BREAK**

**Calling all students, universities, employers, internship site opportunities.**

**Bring your resume, internship and job opportunities to post on our networking bulletin board!**

**SECOND ANNUAL SCIENTIFIC  
POSTER PRESENTATIONS**

### Conference Contacts

Conference questions:  
**Tanya Eikstadt**  
[teikstadt@uwhealth.org](mailto:teikstadt@uwhealth.org)  
779-696-5864

Registration questions:  
**Sarah Johnston**  
[sjohnston@rhc.net](mailto:sjohnston@rhc.net)  
815-935-3271

### Registration Fees

**STUDENTS: SAME LOW RATE!!**

Pre-Conference	Before 3/6/26	After 3/6/26
Member	\$50	\$60
Non-Member	\$60	\$70
Student	\$10	\$15
Regular Conference	Before 3/6/26	After 3/6/26
Member	\$105	\$125
Non-Member	\$155	\$175
Student	\$35	\$40

### Registration Information

To register, complete the online registration form at [ischr.org](http://ischr.org); or scan:



Non-member fees **DO NOT** include Joint Affiliate ISCHR/AACVPR dues. Membership fees are separate.

Refunds will **NOT** be issued after the conference.

### Food & Beverage

REGISTRATION INCLUDES:

- Friday evening meal @ 5pm
- Saturday Breakfast
- Saturday Lunch