

Planning Committee Members

Christine Bryant
Rebecca Cozzi
Tanya Eikstadt
Anne Gavic
Betsy Hart
Cindy Hooper
Amy Hornbuckle
Rachel Jarvis
Sarah Johnston
Jeff LaPorte
Patricia Noe
Marilyn Pastrovich
Lori Richardson
Melissa Tracy

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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, FACSM, 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	Roselle Almeida, MD. ION Robotic Navigation - Bronchoscopy.
7:00-8:00pm	Thomas Carey, Pharm D. 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	Neelum T. Aggarwal, MD. From Heart Disease to Alzheimer’s Pathology: Emerging Diagnostics at the Heart-Brain Interface. Halle McCormick, ACE, SCW, Medfit certified. Brain Body Fitness. Train Today. Protect Tomorrow.
9:00am - 9:50am	Gerene S. Bauldoff, PhD, RN, FCCP, FAAN, MAACVPR. 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	Bryan J. Taylor, PhD, FACSM, FAACVPR. Inspiratory Muscle Weakness in Cardiopulmonary Rehabilitation: The Impact of Inspiratory Muscle Training.
11:10am - 12:00pm	Joel Hardwick, DCEP, ACSM-CEP; Dawn Herbig, MS, RDN, LDN. 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	Lenny Kaminsky, PhD, MAACVPR. The Importance of the Volume of Exercise to Optimize Outcomes in Cardiac Rehabilitation.
1:50pm - 2:40pm	Kathleen Peters, MS, ACSM-CEP. The Basics of Pediatric Cardiac & Pulmonary Rehabilitation.
2:40pm - 3:30pm	Ghulam Murtaza, MD. 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 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 website, 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

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, 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
779-696-5864

Registration questions:
Sarah Johnston
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; or scan:



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

Refunds will **NOT** be issued after the con-

Food & Beverage

REGISTRATION INCLUDES:

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