

Continuing Education/Continuing Medical Education (CE/CME)

Awaken The Breath Within (An Integrative Approach to Respiratory Medicine)

WHEN: October 18, 2025 — 9:00 AM - 4:00 PM ET

Registration: [Click Here](#)

Or scan the QR code



Presentation purpose:

Integrative, functional, lifestyle, and mind-body medicine offer paradigms that prioritize personalized, whole-person care, address the underlying drivers of respiratory disease, and embrace the interconnectedness of mind, body, and spirit in approaching treatments.

Learning objectives:

- Review the physiology of the respiratory system, and its interaction and impact on the other organ systems of the body.
- Present an integrative medicine approach to respiratory illness and pulmonary disease utilizing breathing exercises, mind-body interaction, Tai Chi, movement, nutrition, acupuncture medicine, chiropractic care to optimize breathing.
- Review of the role of acupuncture medicine in treatment of respiratory illness and pulmonary disease, with a focus on the meridian system and impact on energy pathways.
- Review of the role of chiropractic care in the treatment of respiratory illness and pulmonary disease, with a focus on viscerosomatic and somatovisceral reflexes.

Target audience:

This activity is designed for the interdisciplinary audience including the following: Physician, Non-Physician, Physician Assistant, Pharmacist, Advance Practice Nurse, Social Work, Nurse, Resident

Commercial Support:

No commercial interest was received for this CE/CME activity.

Accreditation:



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Ascension is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit designation:



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 6.00 IPCE credit(s) for learning and change.



Ascension designates this Live Activity for a maximum of 6.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



AMERICAN NURSES CREDENTIALING CENTER

This activity is awarded 6.00 ANCC contact hour(s) (based on 60 minutes per contact hour)



Ascension has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



This knowledge-based activity qualifies for 6.00 contact hours of continuing pharmacy education credit. Pharmacy CE credits will be submitted electronically to the NABP upon successful completion of the activity.



ASWB approved continuing education

As a Jointly Accredited Organization, Ascension is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Ascension maintains responsibility for this course. Social workers completing this course receive 6.00 continuing education credits.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Faculty/Course Director/Planners:

Ascension has selected all faculty participating in this activity. It is the policy of Ascension that all CE/CME planning committees, faculty, authors, editors, and staff disclose relationships with commercial interests upon nomination or invitation of participation. Disclosure documents are reviewed for potential conflicts of interest and if relevant, they are resolved prior to confirmation of participation. Only those participants who have no conflict of interest or who agreed to an identified resolution process prior to their participation were involved in this activity.

Conflict of Interest:

In accordance with the ACCME Standards for Commercial Support, it is the policy of Ascension to ensure balance, independence, objectivity and scientific rigor in all CE/CME activities.

Full disclosure of conflicts and conflict resolution will be made in writing via handout materials or syllabus.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Kelsey Mullins, LMSW	Social Work Planner	Nothing to disclose - 03/18/2025
Jetonne Collett, RN	Nurse Planner	Nothing to disclose - 05/27/2025
Shannon Espy, APRN	Nurse Planner	Nothing to disclose - 06/04/2025
Dr. Elizabeth Dolin, DO	Course Director, Physician Planner	Nothing to disclose - 06/23/2025
Alex Cobb, PharmD	Pharmacy Planner	Nothing to disclose - 06/03/2025
Jamie Teeter, PA-C	PA Planner	Nothing to disclose - 03/05/2025
Preston Wakefield, DC	Faculty	Nothing to disclose - 06/28/2025
Jeanie Grace, PhD	Faculty	Nothing to disclose - 06/07/2025
Rasaji Shakti, Master Lama Rasaji	Faculty	Nothing to disclose - 06/23/2025