



Mid-Carolina AHEC  
"Excellence in Health Care Through Education"



**School Health Workshop October 18, 2021**  
**Virtual**

8:35am – 10:00am – **Make Every Bite Count: 2020-2025 Dietary Guidelines for Americans**  
Farrah Wigand, RDN, LD, CSOWM, SNAP-Education Dietitian and Jessica Morrison, RD, LD, SNAP-Education NES Coordinator, Division of Public Health Nutrition Practice and SNAP-Ed Program, S.C. Dept. of Health & Environmental Control

10:15am – 11:45am – **Partnerships to Increase Access to Care**  
Leigh Pate, DNP, APRN, FNP-BC and Lauren Thomas, MPH University of South Carolina – Lancaster

11:45am Lunch break

12:30pm – 2:00pm – **COVID-19: Guidance for a Safe School Year**  
Breyon Martin, BSN and Kristi Beadle, RN, CCM  
SC DHEC Infection Control and Nursing Departments

2:15pm – 3:45pm – **Pediatric Emergencies**  
Dr. Patricia O’Dierno, Pediatrician, MUSC Health – Lancaster

**Name** \_\_\_\_\_

**School** \_\_\_\_\_

**School District** \_\_\_\_\_

**Preferred Phone Number** (only in case of last-minute changes) \_\_\_\_\_

**Email** (required to send session login links) \_\_\_\_\_

Registration with payment must be received by **October 8, 2021**

**Registration Fee:** \$60 for all four virtual sessions

Make checks payable to:

Upper Midlands Rural Health Network (UMRHN)

And return by mail to: P.O. Box 1537 Chester, SC 29706

To pay by credit card: visit <http://umrhn.org/events>, email completed form to [knichols@umrhn.org](mailto:knichols@umrhn.org),  
or call 803-377-8026

No cancellations allowed, but substitutions are permitted.