



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



School Health Workshop February 2, 2026
The Gateway Conference Center
Richburg, SC

8:35 a.m. Concussion/Traumatic Brain Injury Prevention

Karilyn Tremblay, MPH

Injury Prevention and Aging Programs Director, SC Department of Public Health

9:45 a.m. Measles and Pertussis

Anna-Kathryn Burch, MD

Division Director, Pediatric Infectious Diseases and Medical Director, Pediatric Antimicrobial Stewardship Program, Prisma Health Children's Hospital – Midlands

11:00 a.m. NAMI 101 / NAMI On Campus

Jennifer Sims, NAMI

12:00 p.m. Lunch served

1:00 p.m. Mental Health: Helping Students Cope with Anxiety

Joan DuBose, PhD, LPCS, LCMHCS, LPC, LAC, MAC, AADC, TF-CBT

Clinical Director, All is Well Counseling and Consulting Services, LLC

2:15pm Motivational Interviewing

Lauren Thomas, MPH, MCHES, NBC-HWC

Instructor of Health Promotion, Education, & Behavior, USC Lancaster

3:00 p.m. Speaker & Topic TBD

Name _____

School _____ School District _____

Preferred Phone Number (only in case of last-minute changes) _____

Email _____

Registration must be received by **January 26, 2026**, email completed form to knichols@umrhn.org

Registration Fee: \$100 in-person (includes breakfast and lunch) or \$50 virtual

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> or call 803-377-8026