Do you want to learn how the vast world of technology impacts our mental and physical health...sometimes without even realizing it?

Join NJ SOPHE to learn about the many ways technology serves as a platform to better our health, while also gaining awareness around its potential harmful impacts.

**Program Objectives:**

1. Participants will be able to describe ways in which digital health advancements play an active role in the physical and mental health of individuals and their communities.
2. Participants will be able to explain and implement effective ways to use social media to communicate health messages.
3. Participants will gain insight into telemedicine, where and how to seek out this form of health care delivery, and the benefits it has on access to care in NJ.
4. Participants will learn ways to utilize technology in corporate wellness efforts to create a healthy environment in the workplace.

**Registration:**

Register online at [www.njsophe.org](http://www.njsophe.org) or using paper registration

**Registration Deadline is May 31, 2019**

- Members: $60
- Non-Members: $70
- Students: $25

Registration Fee includes all conference materials, breakfast, lunch, and CHES credits.

**Continuing Education Credits:**

An application has been made for 5.5 Category I Continuing Education Contact Hours have been approved for this event by the Rutgers School of Public Health Center for Public Health Workforce Development Provider Number 97999.
Technology & Health
The Good, the Bad, and the Ugly

Agenda:

8:30  Registration
9:00  NJ SOPHE Board Meeting
9:30  Opening/Welcome Remarks

   Jackie Cornell, Public Health Services Principal Deputy Commissioner,
   New Jersey Department of Health

9:45  Lightning Round Panel

   Mashie Shirken, Genoa Healthcare Telepsychiatry
   Hillary Saputski, MPH, CHES, Aetna Corporate Wellness
   Ryan Bradley, Aetna/Apple Partnership
   *additional panelists may be added

10:45 Social Media in Health Messaging

   Carrie Johnson, Middlesex Department of Health

11:30 Gaming: Medicine or Poison to Mental and Physical Health?

   John Mopper, MA, LPC, Blueprint Mental Health

12:15 Lunch

1:00  Keynote Address: “Technology Addiction”

   John Kriger, Kriger Consulting

3:45  Closing Remarks
Registration Information:

Please complete this form and make checks/ Purchase Orders payable to
NJ SOPHE and mail to:

Kaitlin Cartoccio — NJ SOPHE
Bernards Township Health Dept.
262 South Finley Ave
Basking Ridge, NJ 07920

Or Fax #: (908) 204-3075
Or scan: sonika.njsophe@gmail.com

Registration Fee:

- O NJ SOPHE Member — $60
- O Non-Member — $70
- O Student — $25

Other:

- O NJ SOPHE t-shirt — $20.19
- O Make a donation — $_________

Total Amount: $_________________

PO/Check #_____________________

Participant Info:

Name: ___________________________

Title: ___________________________

Affiliation: _______________________

Address: _________________________

Phone: ___________________________

Email: ___________________________

Please contact Sonika Shankar at sonika.njsophe@gmail.com with any questions.