

NAVIGATING THE
JOURNEY: EMPOWERING
CAREGIVERS AND HEALTH
PROFESSIONALS

Friday
May 29, 2026

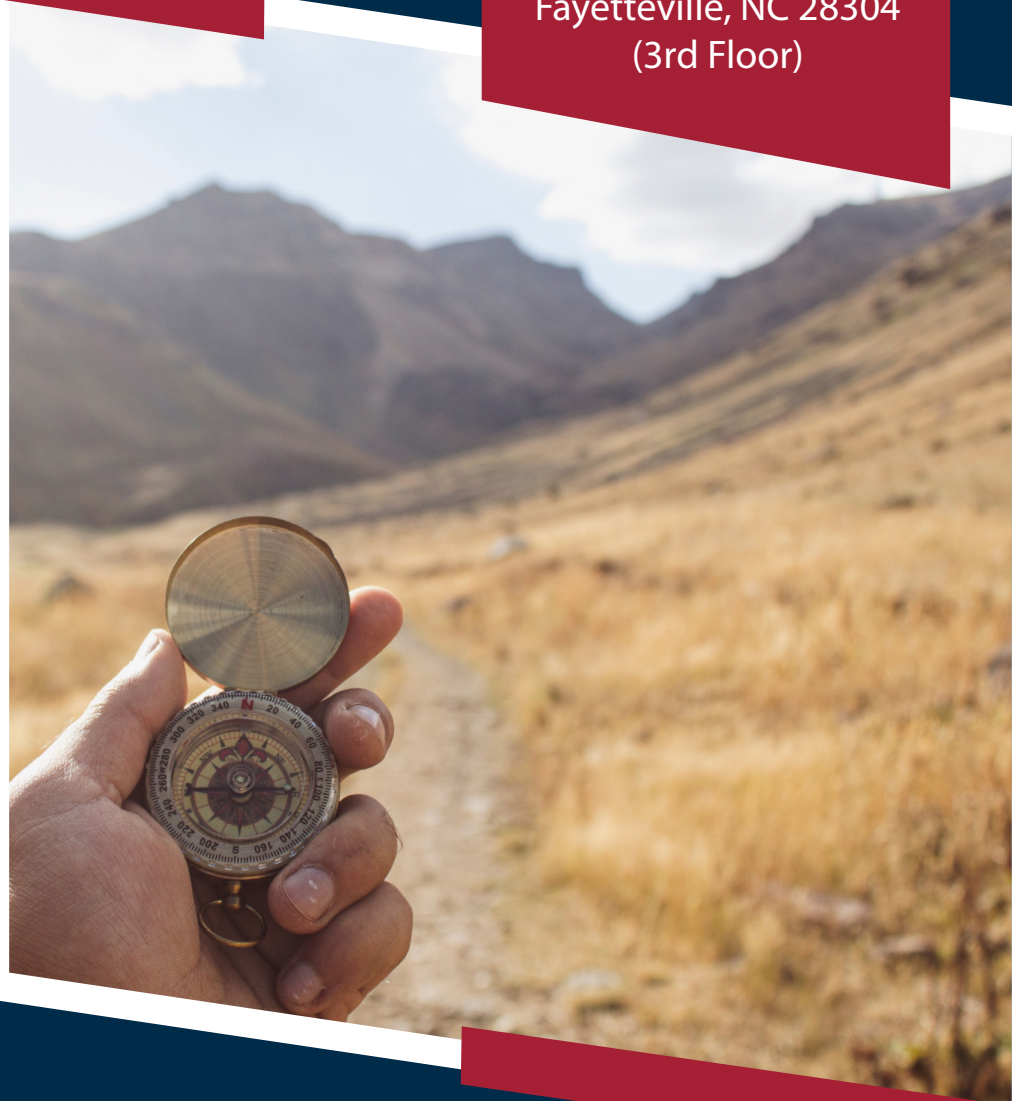
9 a.m. - 3 p.m.

Location:
Southern Regional AHEC
1601 Owen Drive
Fayetteville, NC 28304
(3rd Floor)



**MID-CAROLINA
REGIONAL COUNCIL**

Creative Regional Solutions



**SOUTHERN
REGIONAL AHEC**

PART OF NC AHEC

In affiliation with the Duke AHEC Program

Register by QR Code



Target Audience

Healthcare professionals (e.g., physicians, nurses, social workers, counselors, and allied health staff), family caregivers, and care partners supporting individuals with health needs, as well as participants seeking evidence-based strategies to enhance resilience and wellness.

Program Description

Navigating the Journey: Empowering Caregivers and Health Professionals is a full-day event designed to provide tailored support, education, and practical solutions for those involved in caregiving and health-related professions. Featuring three specialized tracks—Healthcare Professionals, Caregivers, and Wellness—the program offers evidence-based insights, skill-building sessions, and resources to enhance confidence and resilience. Participants will leave better equipped to navigate the complex emotional, physical, and professional demands of caregiving and patient support.

Explore a dynamic network of community businesses and agencies that will be on site, offering valuable information, services, and resources to support your personal and professional needs. This is a wonderful opportunity to connect directly with local partners and discover tools that can enhance well-being and community engagement.

Agenda

8:30 a.m.	Registration/Light Refreshments
9 a.m.	Plenary Speaker: Dr. Christine Khandelwal, Campbell University Common Health Disorders in Working with Dementia Patients
10 a.m.	Break/Visit Exhibitors
10:20 a.m.	Breakout Sessions (Healthcare Track/Caregiver Track/Wellness Track)
11:20 a.m.	Lunch Provided/Visit Exhibitors
12:20 p.m.	Breakout Sessions (Healthcare Track/Caregiver Track/Wellness Track)
1:20 p.m.	Break/Visit Exhibitors
1:40 p.m.	Breakout Sessions (Healthcare Track/Caregiver Track/Wellness Track)
2:40 p.m.	Exhibits/Adjournment

Plenary Speaker



Dr. Christine M. Khandelwal, DO, MHPE, HMDC, FAAHPM, is a board-certified physician in Hospice and Palliative Medicine and Geriatrics and serves as Professor of Family Medicine and Director of Geriatrics and Palliative Medicine at Campbell University School of Osteopathic Medicine. An active clinician with Cape Fear Valley Health System, she is known for her leadership in expanding access to high-quality palliative care, particularly in rural and underserved communities. Dr. Khandelwal is a dedicated educator and program builder with extensive experience developing palliative care services and training future healthcare professionals. In recognition of her impact, she was named a 2024 Emerging Leader by the American Academy of Hospice and Palliative Medicine.

Objectives

By the end of the presentation, participants will be able to:

- Describe current best practices in caregiving, clinical support, and personal wellness across the three specialized tracks.
- Strengthen their practical skills and strategies for managing caregiver stress, improving patient outcomes, and promoting personal and professional well-being.
- List actionable resources and tools to support sustainable caregiving, collaborative care, and holistic health management.

Fee

There is no registration fee; however, advance registration is required to attend.

ADA Service

Americans with Disabilities Act Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at (910) 678-7226 or ashley.diehm@sr-ahec.org

Credit

Contact Hours: 4.0

Substitutes/Refunds/Transfers

- Cancellations must be in writing (fax, email, or mail)
- Registrants cancelling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program)

Attendance at this activity grants permission for Southern Regional AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Register Online

Register here: <https://www.southernregionalahec.org/courses-and-events/77418> or scan the QR code.

Contacts

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