

the Center for Innovation in Sleep Self-Management presents...

ADVANCES IN THE SCIENCE OF SELF-MANAGEMENT

**SHIRLEY MOORE, RN,
PHD, FAAN** is the Edward J. and Louise Mellen Professor of Nursing and Associate Dean for Research, Frances Payne Bolton School of Nursing, Case Western Reserve University. Dr. Moore's research focuses on designing and testing interventions to reduce cardiovascular disease risk factors. She heads an NIH-funded Center of Excellence in Self-Management Research (SMART Center) that focuses on the development of new knowledge regarding patient self-management of chronic conditions, with an emphasis on the neurobiological mechanisms of health behavior change.



TUESDAY, APRIL 11

8:30 - 10 A.M.

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