



Southern Ohio Valley CMSA presents a virtual CE webinar for professional case managers!

***“It’s All About the Big Mac:
A Lesson in Food Allergies and Food Insecurity”***

Thursday, April 23, 2026

6:00 pm – 7:00 pm ET

Via Zoom – Register online at www.sov-cmsa.org

Food allergies affect more than 33 million Americans, including 1 in 13 children. For many families, managing severe food allergies means navigating daily concerns about safety, nutrition, and social inclusion. Join the Southern Ohio Valley CMSA Chapter for a one-hour webinar that explores the major food allergens, the intersection of food allergies and food insecurity, and the real-life experience of a mother raising a child with severe food allergies. The session will also discuss food as medicine and implications for case management practice.

Learning Objectives:

1. Identify the major food allergens and describe their prevalence in the United States.
2. Describe how food allergies and food insecurity impact daily life, including social isolation, anxiety, and depression.
3. Discuss how food-as-medicine approaches may support nutrition for individuals experiencing both food allergies and food insecurity.



Presented by Michelle Brusio, MSN, RN, CCM

Clinical Manager, Population Health

University of Maryland, Upper Chesapeake Health

Michelle Brusio has been an RN for 26 years and in Case Management for 20+ years. Michelle has acute care, payer, primary care, and outpatient case management experience. She loves to mentor other case managers and is always looking for ways to be a better leader for her team. Michelle serves on several local committees including the Geriatric Assistance Information Network and the Hartford County Advisory Board on Aging. Michelle also serves on several CMSA committees and is currently pursuing her Doctorate in Nursing Leadership.

Continuing education credit of **1.0 clock hour for CCM** has been applied for.

This activity has been submitted to The Commission to provide continuing education credit to CCM[®] board-certified case managers. This course anticipates being approved for 1.0 CCM clock hours (Activity Code & Approval Number to be determined).

- **Free for CMSA Members!**
- **\$10 for Non-Members**

Register at sov-cmsa.org