

# First Annual Whole Health Conference

## "Bringing Whole Health to Life"

### PRE-CONFERENCE PROGRAM SCHEDULE

| TIME     | SPEAKER                                       | TITLE                                                                                               |
|----------|-----------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 9:00 AM  | CHECK-IN AND REGISTRATION OPENS               | -                                                                                                   |
| 11:00 AM | -                                             | WELCOME                                                                                             |
| 11:05 AM | Heather Tick, MD                              | Conceptual Overview and Evidence for Whole Health Integrative Care                                  |
| 11:45 AM | Brent Anderson, PT, DPT, OCS                  | How to Integrate Movement and Exercise in Pain Care                                                 |
| 12:30 PM | -                                             | BREAK                                                                                               |
| 1:00 PM  | Robb Russell, DC                              | How to Integrate Manual Approaches to Pain                                                          |
| 1:45 PM  | Maureen Mason, MS, DPT, WWCS, PYT, CCI        | Care of Pelvic Floor Pain and Dysfunction                                                           |
| 2:30 PM  | -                                             | BREAK                                                                                               |
| 3:00 PM  | Wojtek Cackowski, ATSI                        | Posture, Movement and Mobilization: Wholistic Approach for Challenging Pain Patients                |
| 3:45 PM  | Catherine Justice, PT, DPT, CST,C-IAYT, E-RYT | Putting it all together: Bridging the Integrative Pain Care Gap from Healthcare to Community Spaces |
| 4:00 PM  | CHECK-IN AND REGISTRATION CLOSES              | -                                                                                                   |
| 4:30 PM  | -                                             | END OF DAY                                                                                          |

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### DAY 1 PROGRAM SCHEDULE

| TIME     | SPEAKER                                                                           | TITLE                                                                                          |
|----------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 7:00 AM  | CHECK-IN AND REGISTRATION OPENS                                                   | -                                                                                              |
| 7:00 AM  | -                                                                                 | Morning Movement                                                                               |
| 7:30 AM  | -                                                                                 | Breakfast                                                                                      |
| 8:30 AM  | Rachel Abrams, MD, ABOIM; Mimi Guarneri, MD, FACC, ABOIM (Tracy Gaudet: Day Host) | Opening Ceremony and Remarks   Land Acknowledgment                                             |
| 9:00 AM  | Tracy Gaudet, MD - Opening                                                        | The Transformation to Whole Health: What does this actually Mean?                              |
| 9:45 AM  | Don Berwick, MD, MPP - Vision of a Call for a Movement                            | -                                                                                              |
| 10:15 AM | David Rychener, PhD - Part 1 (Whole Health Self-Reflection)                       | Stepping into Whole Health: A Personal Health Reflection                                       |
| 10:30 AM | -                                                                                 | COFFEE BREAK IN EXHIBIT HALL                                                                   |
| 11:00 AM | David Rychener, PhD - Part 2                                                      | Stepping into Whole Health: A Personal Health Reflection Part 2                                |
| 11:15 AM | Black, Indigenous and People of Color Committee (BIPOC) Panel                     | Advancing Equity through Interprofessional Education: A Story of Organizational Change at AIHM |
| 12:00 PM | Fasih Hameed, MD                                                                  | Integrative Healthcare for the Underserved: Towards Good Medicine for All                      |
| 12:30 PM | Past Presidents                                                                   | Special 10 minute Past Presidents Presentation and Acknowledgement                             |
| 12:40 PM | -                                                                                 | LUNCH & EXHIBITS                                                                               |
| 2:00 PM  | Rashmi Mullur, MD                                                                 | A Whole Health Approach to Diabetes Care                                                       |
| 2:45 PM  | Aly Cohen, MD                                                                     | Environmental Toxins and Autoimmune Disease                                                    |
| 3:30 PM  | -                                                                                 | COFFEE BREAK IN EXHIBIT HALL                                                                   |
| 4:00 PM  | Juli Olson, DC, LAc, VA Whole Health, FAIHM                                       | Whole Health in Your Practice                                                                  |
| 4:45 PM  | Patrick Hannaway, MD                                                              | Global Dysbiosis: From Macrobiome to Microbiome . . . and back                                 |
| 5:30 PM  | -                                                                                 | END DAY 1                                                                                      |
| 7:00 PM  | -                                                                                 | Crone & Sage                                                                                   |
| 8:30 PM  | -                                                                                 | END CRONE AND SAGE                                                                             |

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### DAY 2 PROGRAM SCHEDULE

| TIME     | SPEAKER                                                                                                                              | TITLE                                                                                                                           |
|----------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| 7:00 AM  | CHECK-IN AND REGISTRATION OPENS                                                                                                      | -                                                                                                                               |
| 7:00 AM  | -                                                                                                                                    | Morning Movement                                                                                                                |
| 7:30 AM  | -                                                                                                                                    | Breakfast                                                                                                                       |
| 8:30 AM  | Kavitha Reddy, MD FACEP ABOIM, (Day Host)                                                                                            | Welcome and Announcements                                                                                                       |
| 8:45 AM  |                                                                                                                                      | Fellowship Graduation and Pinning                                                                                               |
| 9:30 AM  | Scott Shannon, MD (Psychedelics and Mental Health)                                                                                   | The Inward Arc: Our Journey to Understanding Consciousness, Meaning, and Self.                                                  |
| 10:30 AM | -                                                                                                                                    | COFFEE BREAK IN EXHIBIT HALL                                                                                                    |
| 11:00 AM | Lise Alschuler, ND, FABNO                                                                                                            | My 7 Top Integrative Oncology Botanicals                                                                                        |
| 11:45 AM | Kavitha Reddy, MD FACEP ABOIM (Distinction Between Integrative Medicine and Whole)                                                   | Shifting from "What's the Matter WITH You to What Matters TO You": A Clinician's Perspective on a Whole Health Approach to Care |
| 12:30 PM | -                                                                                                                                    | LUNCH & EXHIBITS                                                                                                                |
| 2:00 PM  | Mimi Guarneri, MD, FACC, ABOIM                                                                                                       | Integrative Cardiology - "Science of the Heart"                                                                                 |
| 2:45 PM  | Roger Jahnke, OMD (Tai Qi Gong Experiential)                                                                                         | Tai Qi Gong Experiential. Qigong: Ancient MindBody SelfCare Practices for Disease Prevention, Stress Mastery and Healing        |
| 3:30 PM  | -                                                                                                                                    | COFFEE BREAK IN EXHIBIT HALL                                                                                                    |
| 4:15 PM  | Pain Panel (Brent Anderson, MD; Prasad Vinjamury, MD; Gilda Gilak, DC)                                                               | Integrative Approaches to Patients with Pain                                                                                    |
| 5:00 PM  | Alumni Panel (Anupama Kizhakkeveetil, PhD; Catherine Justice, PT, DPT, CST, C-IAYT, E-RYT, FAIHM; Scarlet Soriano, MD, ABOIM, FAIHM) | Transforming in Fellowship: Perspectives on Self, Practice, and Systems                                                         |
| 5:30 PM  | -                                                                                                                                    | END DAY 2                                                                                                                       |
| 5:30 PM  | -                                                                                                                                    | AIHM/SCU Alumni Reception                                                                                                       |
| 7:00 PM  | -                                                                                                                                    | AIHM 10 Year Gala                                                                                                               |

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### DAY 3 PROGRAM SCHEDULE

| TIME     | SPEAKER                                                                                                                                              | TITLE                                             |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| 7:00 AM  | CHECK-IN AND REGISTRATION OPENS                                                                                                                      | -                                                 |
| 7:00 AM  | -                                                                                                                                                    | Morning Movement                                  |
| 7:30 AM  | -                                                                                                                                                    | Breakfast                                         |
| 8:30 AM  | Rachel Abrams, MD, ABOIM (Day Host)                                                                                                                  | Welcome and Announcements                         |
| 8:45 AM  | Panel Part 1 (Mary Jo Kreitzer, PhD, RN, FAAN (Moderator);<br>Russ Greenfield, MD; Cathy Baase, MD, FAAFP, FACOEM;<br>Cara Feldman-Hunt, MA, NBC-HWC | Aligning Incentives and Systems with Whole Health |
| 9:30 AM  | Panel Part 2 (Mary Jo Kreitzer (Moderator), Russ Greenfield,<br>Cathy Baase, Cara Feldman-Hunt                                                       | Aligning Incentives and Systems with Whole Health |
| 10:30 AM | -                                                                                                                                                    | Exhibit Hall and Coffee Break                     |
| 11:00 AM | Joe Tafur, MD                                                                                                                                        | Spiritual Healing in Modern Healthcare            |
| 11:45 AM | Pamela Ayo Yetunde, Th.D                                                                                                                             | Listening Up(ward)                                |
| 12:30 AM | -                                                                                                                                                    | END 2024 CONFERENCE                               |