

2025 Physician Health and Well-being Conference Agenda

Pre-Conference Activities – Sunday, March 23, 2025

8:30 a.m. – 5:00 p.m.	LPW Activity C with 2 skill station options
2:00 p.m. – 6:00 p.m.	On-site Registration Opens in
6:30 p.m. – 7:30 p.m.	Faculty Reception

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Day 1 – Monday, March 24, 2025

6:30 a.m.	Registration Opens in				
Optional Morning Group Activities: (Non-CME)	<i>Option #1</i>	<i>Option #2</i>	<i>Option #3</i>	<i>Option #4</i>	
6:30 a.m. – 7:15 a.m. Optional Morning Group Activities Topic & Leader	Yoga for Everyone – Beth Polk, MD, FAAFP, dipABLM	Reflective Walk Corey Martin, MD	Joyful Jog & Run Laura Sejkora		
7:00 a.m. – 8:00 a.m.	BREAKFAST Provided				
8:15 a.m. – 8:30 a.m.	<i>Chair Welcome</i> – Mark Greenawald, MD, FAAFP, DABFM				
8:30 a.m. – 9:00 a.m.	Main Stage Session 1: <i>Why Are We Here: The Burnout Impact on Physician Well-being</i> – Margot Savoy, MD, MPH, FAAFP, FABC, CPE, CMQ, FAAPL				
9:00 a.m. – 9:30 a.m.	Main Stage Session 2: <i>Create a Way</i> – Belinda Fu, MD				
9:30 a.m. – 10:00 a.m.	Coaching 1: <i>Why are YOU here, and How Can WE help?</i> – Mark Greenawald, MD, FAAFP, DABFM and Belinda Fu, MD				
10:00 a.m. – 10:30 a.m.	BREAK				
Workshops 1 – Room	Archer East & West	Jasmine & Hibiscus	Drayton & Heyward	Danner East & West	Mitchelville
Topic & Faculty 10:30 a.m. – 11:45 a.m.	When Burnout Hits Home: Strategies for Improving Wellness When Work Isn't the Only Problem Christen Johnson, MD	Burdens and Blessings: Exploring the Fabric of Our Professional Lives Beth Polk, MD Mark Greenawald, MD	Staying Healthy in a Stressful Environment Jay Winner, MD	LPW	Play's the Thing Belinda Fu, MD
11:45 a.m. – 1:00 p.m.	Culinary Medicine Workshop: Walk the Walk, Talk the Talk, and Heal Thyself (Lunch Provided) – Amy Mechley, MD, DipAAFP, DipABLM, FAAFP, FACLM				

1:00 p.m. – 1:30 p.m.	BREAK				
Workshops 2 – Room	Archer East & West	Jasmine & Hibiscus	Drayton & Heyward	Danner East & West	Mitchelville
Topic & Faculty 1:30 p.m. – 2:45 p.m.	Reflection to Connection: How DEI and Wellness Intersect Christen Johnson, MD	Letting Go of Perfection Corey Martin, MD	DPC as a Practice Path Toward Greater Well-being and Professional Satisfaction Amy Mechley, MD, DipAAFP, DipABLM, FAAFP, FACLM	LPW	Play’s the Thing Belinda Fu, MD
2:45 p.m. – 3:00 p.m.	BREAK				
3:00 p.m. – 3:30 p.m.	Main Stage Session 3: <i>The Power of Story to Promote Provider Well-being</i>, Christina Bowen, MD				
3:30 p.m.	ADJOURN				
3:30 p.m. – 5:30 p.m.	Empathy and Accessibility Virtual Reality Experience (25 max attendees) – Lauren Brown Berchtold, MD				
3:30 p.m. – 4:00 p.m.	Debrief Sessions				
3:30 p.m. – 5:00 p.m.	Final Showcase and LPW Graduation Reception				
3:30 p.m. – 5:00 p.m.	Sponsored Massages				
Optional Evening Group Activity – Room	Option #1 – Danner East & West	Option #2 – Jasmine & Hibiscus	Option #3 – Mitchelville		Option #4
6:30 p.m. – 7:30 p.m. Optional Evening Group Activity Topic & Leader	Grace Through Grief Lauren Brown Berchtold, MD Michelle Owens-Kumar, DO	Groove and Flow: Unleash Your Creativity Through Dance (Non-CME) Beth Polk, MD	The Power of Story to Promote Provider Well-being, Group Coaching Christina Bowen, MD		
7:30 p.m. – 8:30 p.m.	Welcome Reception				

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Day 2 - Tuesday, March 25, 2025

Optional Morning Group Activities: (Non-CME)	<i>Option #1</i>	<i>Option #2</i>	<i>Option #3</i>	<i>Option #4</i>	
6:30 a.m. – 7:15 a.m. Optional Morning Group Activities Topic & Leader	Yoga for Everyone – Beth Polk, MD, FAAFP, dipABLM	Reflective Walk Corey Martin, MD	Joyful Jog & Run Laura Sejkora		
7:00 a.m. – 8:15 a.m.	BREAKFAST Provided – Posters available for viewing				
8:30 a.m. – 8:45 a.m.	Chair Remarks				
8:45 a.m. – 9:15 a.m.	Main Stage Session 4: Professional Identity Formation – Mrunal Shah, MD				
9:15 a.m. – 9:45 a.m.	Coaching 2: <i>Supercharging Your Growth</i> – Mark Greenawald, MD, FAAFP, DABFM				
9:45 a.m. – 10:15 a.m.	BREAK				
Workshops 3 – Room	Archer East & West	Danner East & West	Grand Ballroom	Jasmine & Hibiscus	Mitchelville
Topic & Faculty 10:15 a.m. – 11:30 a.m.	ACE Your Daily Stressors and Transform Our Culture of Well-Being in Medicine Catherine Florio-Pipas, MD, MPH, FAAFP	Practicing Self-Compassion Maya Bass, MD	Words Matter: How to Leverage Our Communication Skills During Times of Conflict Michelle Owens-Kumar, DO	Introverts Unite! Jason Marker, MD, FAAFP	Peering Into Your Future: Clarifying Your Personal Mission, Vision, and Values Lauren Brown-Berchtold, MD
11:30 a.m. – 1:00 p.m.	LUNCH Provided – Posters available for viewing				
Workshops 4 – Room	Archer East & West	Danner East & West	Grand Ballroom	Jasmine & Hibiscus	Mitchelville
Topic & Faculty 1:00 p.m. – 2:15 p.m.	Well Women in Medicine: Sustaining Successful Clinicians, Educators, Researchers, and Leaders in Medicine Catherine Florio-Pipas, MD, MPH, FAAFP	Effective Communication and Apologizing Maya Bass, MD	Secondary Trauma and Compassion Fatigue Jason Marker, MD, FAAFP	Getting Clear on Boundaries Corey Martin, MD	Beyond the White Coat: Balancing Parenthood and Professional Life Angela Bacigalupo, MD Lauren Brown-Berchtold, MD Michelle Owens-Kumar, DO
2:15 – 2:45 p.m.	BREAK				
2:45 p.m. – 3:15 p.m.	Main Stage Session 5: The Science of Slow – Jason Marker, MD				
3:15 p.m.	ADJOURN				

3:30 p.m. – 4:00 p.m.	Debrief Sessions			
3:30 p.m. – 5:30 p.m.	Empathy and Accessibility Virtual Reality Experience (25 max attendees)			
5:00 p.m. – 7:00 p.m.	Sponsored Massages			
Optional Evening Group Activity – Room	Option #1 – Danner East & West	Option #2 – Jasmine/Hibiscus	Option #3 – Mitchellville	
6:30 p.m. – 7:30 p.m. Optional Evening Group Activity Topic & Leader	Evening Meditation Hani Chaabo, MD	Professional Identity Formation – Group Coaching Mrunal Shah, MD	Financial Wellness 101: Start Investing with Confidence (non-CME) Altelisha Taylor, MD	
7:30 p.m. – 8:30 p.m.	Dance Break			

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Day 3 - Wednesday, March 26, 2025

Optional Morning Group Activities: (Non-CME)	Option #1	Option #2	Option #3	Option #4	
6:30 a.m. – 7:15 a.m. Optional Morning Group Activities Topic & Leader	Yoga for Everyone – Beth Polk, MD, FAAFP, dipABLM	Reflective Walk Corey Martin, MD	Joyful Jog & Run Laura Sejkora		
7:00 a.m. – 8:15 a.m.	BREAKFAST Provided – Career Link Consultations; Posters available for viewing				
8:30 a.m. – 8:45 a.m.	Chair Remarks				
8:45 a.m. – 9:15 a.m.	Main Stage Session 6: Restoring the Joy in Medicine: It Takes a Hero and a Herd – Hani Chaabo, MD				
9:15 a.m. – 9:45 a.m.	Coaching 3: <i>Creating a Thriving Professional Culture by Design</i> – Mark Greenawald, MD, FAAFP, DABFM				
9:45 a.m. – 10:15 a.m.	BREAK				
Workshops 5 – Room	Archer East & West	Danner East & West	Grand Ballroom	Jasmine & Hibiscus	Mitchelville
Topic & Faculty 10:00 a.m. – 11:15 a.m.	Get Home Earlier with Efficient Documentation Jay Winner, MD	Menoplay (Not Pause): The Lifestyle Medicine Approach to Thriving Through the Transition and Beyond Beth Polk, MD	Well-Being 2.0: Restoring the Organizational Joy in Medicine Hani Chaabo, MD	Forgiveness as a New Path Forward Corey Martin, MD	Winning Strategies for Obtaining Your Ideal Job Altelisha Taylor, MD
11:30 a.m. – 12:45 p.m.	LUNCH Provided – Posters available for viewing				
Workshops 6 – Room	Archer East & West	Danner East & West	Grand Ballroom	Jasmine & Hibiscus	Mitchelville
Topic and Faculty 12:45 p.m. – 2:00p.m.	Shift Happens: Change Your Mind to Change Your Life Corey Martin, MD	Transforming Care: Building a Thriving Practice Culture with Lifestyle Medicine Beth Polk, MD	Foundations of Mindfulness Hani Chaabo, MD	Clinical Workflow Efficiency: Decreasing Administrative Burden for Physician Well-being Angela Bacigalupo, MD	Who We Are Versus Who We Are Told to Be: Unspoken Pressures Placed on Women in Medicine Lauren Brown-Berchtold, MD
2:00 p.m. – 2:30 p.m.	BREAK				
2:30 p.m. – 3:00 p.m.	Coaching 4: <i>Now What? Putting it all Together, and Planning Next Steps</i> – Mark Greenawald, MD, FAAFP, DABFM				
3:00 p.m. – 3:30 p.m.	Main Stage Session 7: Thriving Together: Aligning Work, Values, and Well-being - <i>Closing Keynote Speaker, Jen Brull, MD</i>				
3:30 p.m. – 3:45 p.m.	<i>Chair Farewell Message</i>				
3:45 p.m.	CONFERENCE ADJOURNS				

NOTES:

- All Non-CME open to Registered Guests.