

8:00am – 8:45am	<b>Check-In &amp; Breakfast</b>				
8:45am – 8:50am	<p><b>Opening Prayer</b> <b>Rev. Stacy Auld, MDiv., BCC</b> System Director Spiritual Care and Values Integration Houston Methodist</p>				
8:50am – 9:00am	<p><b>Welcome</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"> <p><b>Stephanie Jones-Wood, MPH</b> Director Professional Fulfillment and Experience, Houston Methodist Physician Organization</p> </td> <td style="width: 50%; text-align: center;"> <p><b>Linda Pearson, MD</b> Anesthesiology, Interventional Pain Medicine Medical Acupuncture and Lifestyle Medicine Houston Methodist The Woodlands</p> </td> </tr> </table> <p style="text-align: center;"><b>Shlomit Schaal, MD, PhD, MHCM</b> Executive Vice President Chief Physician Executive, Houston Methodist; President and Chief Executive Officer, Houston Methodist Physician Organization</p>			<p><b>Stephanie Jones-Wood, MPH</b> Director Professional Fulfillment and Experience, Houston Methodist Physician Organization</p>	<p><b>Linda Pearson, MD</b> Anesthesiology, Interventional Pain Medicine Medical Acupuncture and Lifestyle Medicine Houston Methodist The Woodlands</p>
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9:00am – 9:45am	<p><b>Keynote Event</b> <b>Tait Shanafelt, MD</b> Chief Wellness Officer, Stanford Medicine Associate Dean, Stanford School of Medicine Professor, Department of Medicine – Hematology, Stanford University</p>				
9:45am – 10:00am	<p><b>Mindfulness Session</b> <b>Dharam Kaushik, MD, MS</b> Department of Urology Associate Professor, Urology Houston Methodist Hospital</p>				
10:00am - 10:10am	<b>Transition &amp; Refreshments</b>				
10:10am - 11:25am	<p><b>Culture of Wellness</b></p> <p><b>Anita Bangale, MD:</b> “Strength in Numbers: The Peer Coaching Revolution”</p> <p><b>Katelynn Bourassa, PhD:</b> “Creating a Culture of Wellness: The Role of Emotional Wellbeing”</p> <p><b>Tamara Beckford, MD:</b> “Cultivating a Culture of Wellness”</p> <p><b>Sapna Singh, MD and Daniel Gollins, MHA:</b> “Bridging the Gap: Collaboration Between Physicians and Leadership as a Model for Organizational Well-Being Success”</p>	<p><b>Efficiency of Practice</b></p> <p><b>Jordan Dale, MD and Anjali Kohli, MD:</b> “Finding Joy in Epic”</p> <p><b>Todd Pickard, DMSc, PA-C:</b> “The Impact of Team-Based Care on Professional Fulfillment”</p> <p><b>Margaret Head, MSN, MBA, Shaun Stephenson, MHA and Shayna Upchurch, MD:</b> “Cultivating Efficiency of Practice through Daily Management”</p>	<p><b>Personal Resilience</b></p> <p><b>Adarsh Bhimraj, MD:</b> “The Power of Presence: Fostering Wellness through Awareness and Equanimity”</p> <p><b>Gregory Charlop, MD:</b> “Purpose Builds Resilience - Defeat Burnout with a Passion Project”</p> <p><b>Faisal Masud, MD:</b> “Compassion - The Secret Ingredient”</p> <p><b>Gia Washington Readoux, PhD:</b> “Radical Wellness: Self Care and Personal Resilience”</p>		
11:25am - 12:20pm	<b>Lunch &amp; Poster Exhibition</b>				

12:20pm - 1:05pm	<p style="text-align: center;"><b>Wellness Leadership Panel Discussion</b> <b>Leadership’s Role in Cultivating Efficiency and Wellbeing</b></p> <p style="text-align: center;"><b>Moderator</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none; vertical-align: top;"> <p><b>Linda Pearson, MD</b> Anesthesiology, Interventional Pain Medicine Medical Acupuncture and Lifestyle Medicine Houston Methodist The Woodlands</p> </td> <td style="width: 33%; border: none; vertical-align: top;"> <p><b>Cara Geary, MD</b> Chief Wellness Officer UTMB Health, University of Texas Medical Branch</p> </td> <td style="width: 33%; border: none; vertical-align: top;"> <p><b>Alicia Kowalski, MD</b> Certified Chief Wellness Officer Chair, Burnout to Brilliance Symposium</p> </td> </tr> <tr> <td style="border: none; vertical-align: top;"> <p><b>Susan Matulevicius, MD</b> Chief Wellness Officer University of Texas Southwestern Medical Center</p> </td> <td style="border: none; vertical-align: top;"> <p><b>Sapna Singh, MD</b> Chief Wellness Officer Texas Children’s Hospital</p> </td> <td style="border: none; vertical-align: top;"> <p><b>Gregory Wallingford, MD</b> Chief Wellness Officer University of Texas at Austin Dell Medical School</p> </td> </tr> </table>			<p><b>Linda Pearson, MD</b> Anesthesiology, Interventional Pain Medicine Medical Acupuncture and Lifestyle Medicine Houston Methodist The Woodlands</p>	<p><b>Cara Geary, MD</b> Chief Wellness Officer UTMB Health, University of Texas Medical Branch</p>	<p><b>Alicia Kowalski, MD</b> Certified Chief Wellness Officer Chair, Burnout to Brilliance Symposium</p>	<p><b>Susan Matulevicius, MD</b> Chief Wellness Officer University of Texas Southwestern Medical Center</p>	<p><b>Sapna Singh, MD</b> Chief Wellness Officer Texas Children’s Hospital</p>	<p><b>Gregory Wallingford, MD</b> Chief Wellness Officer University of Texas at Austin Dell Medical School</p>
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1:05pm – 1:50pm	<p style="text-align: center;"><b>Keynote Event</b> <b>Kathleen Perno, MBA, RN</b> President, Well-Being Solutions, LLC Co-Chief Well-Being Officer, Kettering Health GME</p>								
1:50pm - 2:00pm	<b>Transition &amp; Refreshments</b>								
2:00pm – 3:15pm	<p style="text-align: center;"><b>Culture of Wellness</b></p> <p><b>Anita Bangale, MD:</b> “Strength in Numbers: The Peer Coaching Revolution”</p> <p><b>Tamara Beckford, MD:</b> “Cultivating a Culture of Wellness”</p> <p><b>Katelynn Bourassa, PhD:</b> “Creating a Culture of Wellness: The Role of Emotional Wellbeing”</p> <p><b>Ethan Burns, MD:</b> “From Mentee to Mentor - Passing on the 10 Commandments of Physician Wellness to the Next Generation”</p> <p><b>Sapna Singh, MD and Daniel Gollins, MHA:</b> “Bridging the Gap: Collaboration Between Physicians and Leadership as a Model for Organizational Well-Being Success”</p>	<p style="text-align: center;"><b>Efficiency of Practice</b></p> <p><b>Jordan Dale, MD and Anjali Kohli, MD:</b> “Finding Joy in Epic”</p> <p><b>Todd Pickard, DMSc, PA-C:</b> “The Impact of Team-Based Care on Professional Fulfillment”</p> <p><b>Margaret Head, MSN, MBA, Shaun Stephenson, MHA and Shayna Upchurch, MD:</b> “Cultivating Efficiency of Practice through Daily Management”</p>	<p style="text-align: center;"><b>Personal Resilience</b></p> <p><b>Adarsh Bhimraj, MD:</b> “The Power of Presence: Fostering Wellness through Awareness and Equanimity”</p> <p><b>Gregory Charlop, MD:</b> “Purpose Builds Resilience - Defeat Burnout with a Passion Project”</p> <p><b>Faisal Masud, MD:</b> “Compassion - The Secret Ingredient”</p> <p><b>Gia Washington Readoux, PhD:</b> “Radical Wellness: Self Care and Personal Resilience”</p>						
3:15pm - 3:25pm	<b>Transition</b>								
3:25pm - 3:45pm	<p style="text-align: center;"><b>Closing Remarks</b> <b>Shlomit Schaal, MD, PhD, MHCM</b> Executive Vice President Chief Physician Executive, Houston Methodist; President and Chief Executive Officer, Houston Methodist Physician Organization</p>								
3:45pm – 4:30pm	<b>Networking Happy Hour &amp; Live Performance</b>								