

8:00am – 8:45am	Check-In & Breakfast				
8:45am – 8:48am	<p>Opening Prayer Rev. Stacy Auld, MDiv., BCC System Director Spiritual Care and Values Integration Houston Methodist</p>				
8:48am – 8:50am	<p>Welcome Message Marc Boom, MD, MBA President and CEO Houston Methodist</p>				
8:50am – 9:00am	<p>Introduction</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"> <p>Stephanie Jones-Wood, MPH Director Professional Fulfillment and Experience, Houston Methodist Physician Organization</p> </td> <td style="width: 50%; text-align: center;"> <p>Linda Pearson, MD Anesthesiology, Interventional Pain Medicine Medical Acupuncture and Lifestyle Medicine Houston Methodist The Woodlands</p> </td> </tr> </table> <p style="text-align: center;">Shlomit Schaal, MD, PhD, MHCM Executive Vice President Chief Physician Executive, Houston Methodist; President and Chief Executive Officer, Houston Methodist Physician Organization</p>			<p>Stephanie Jones-Wood, MPH Director Professional Fulfillment and Experience, Houston Methodist Physician Organization</p>	<p>Linda Pearson, MD Anesthesiology, Interventional Pain Medicine Medical Acupuncture and Lifestyle Medicine Houston Methodist The Woodlands</p>
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9:00am – 9:45am	<p>Keynote Event Tait Shanafelt, MD Chief Wellness Officer, Stanford Medicine Associate Dean, Stanford School of Medicine Professor, Department of Medicine – Hematology, Stanford University</p>				
9:45am – 10:00am	<p>Mindfulness Session Dharam Kaushik, MD, MS Department of Urology Associate Professor, Urology Houston Methodist Hospital</p>				
10:00am - 10:10am	Transition & Refreshments				
10:10am - 11:25am	<p style="text-align: center;">Culture of Wellness</p> <p style="text-align: center;">Anita Bangale, MD “Strength in Numbers: The Peer Coaching Revolution”</p> <p style="text-align: center;">Chandra Bautista, PhD “Creating a Culture of Wellness: The Role of Emotional Well-Being”</p> <p style="text-align: center;">Tamara Beckford, MD “Cultivating a Culture of Wellness”</p> <p style="text-align: center;">Sapna Singh, MD and Daniel Gollins, MHA “Bridging the Gap: Collaboration Between Physicians and Leadership as a Model for Organizational Well-Being Success”</p>	<p style="text-align: center;">Efficiency of Practice</p> <p style="text-align: center;">Jordan Dale, MD and Anjali Kohli, MD “Finding Joy in Epic”</p> <p style="text-align: center;">Todd Pickard, DMSc, PA-C “The Impact of Team-Based Care on Professional Fulfillment”</p> <p style="text-align: center;">Margaret Head, MSN, MBA, Shaun Stephenson, MHA and Shayna Upchurch, MD “Cultivating Efficiency of Practice through Daily Management”</p>	<p style="text-align: center;">Personal Resilience</p> <p style="text-align: center;">Adarsh Bhimraj, MD “The Power of Presence: Fostering Wellness through Awareness and Equanimity”</p> <p style="text-align: center;">Gregory Charlop, MD “Purpose Builds Resilience - Defeat Burnout with a Passion Project”</p> <p style="text-align: center;">Faisal Masud, MD “Compassion - The Secret Ingredient”</p> <p style="text-align: center;">Gia Washington Readoux, PhD “Radical Wellness: Self Care and Personal Resilience”</p>		

11:25am - 12:20pm	Lunch & Poster Exhibition		
12:20pm - 1:05pm	Wellness Leadership Panel Discussion Leadership's Role in Cultivating Efficiency and Wellbeing		
	<p style="text-align: center;">Moderator Linda Pearson, MD Anesthesiology, Interventional Pain Medicine Medical Acupuncture and Lifestyle Medicine Houston Methodist The Woodlands</p> <p style="text-align: center;">Susan Matulevicius, MD Associate Dean of Faculty Wellness and Chief Faculty Wellness Officer University of Texas Southwestern Medical Center</p>	<p style="text-align: center;">Cara Geary, MD Chief Wellness Officer UTMB Health, University of Texas Medical Branch</p> <p style="text-align: center;">Sapna Singh, MD Chief Wellness Officer Texas Children's Hospital</p>	<p style="text-align: center;">Alicia Kowalski, MD Certified Chief Wellness Officer Chair, Burnout to Brilliance Symposium</p> <p style="text-align: center;">Gregory Wallingford, MD Assistant Dean for Professional Fulfillment & Well-Being University of Texas at Austin Dell Medical School</p>
1:05pm – 1:50pm	Keynote Event Kathleen Perno, MBA, RN President, Well-Being Solutions, LLC Co-Chief Well-Being Officer, Kettering Health GME		
1:50pm - 2:00pm	Transition & Refreshments		
2:00pm – 3:15pm	<p style="text-align: center;">Culture of Wellness</p> <p style="text-align: center;">Anita Bangale, MD "Strength in Numbers: The Peer Coaching Revolution"</p> <p style="text-align: center;">Tamara Beckford, MD "Cultivating a Culture of Wellness"</p> <p style="text-align: center;">Chandra Bautista, PhD "Creating a Culture of Wellness: The Role of Emotional Well-Being"</p> <p style="text-align: center;">Ethan Burns, MD "From Mentee to Mentor - Passing on the 10 Commandments of Physician Wellness to the Next Generation"</p> <p style="text-align: center;">Sapna Singh, MD and Daniel Gollins, MHA "Bridging the Gap: Collaboration Between Physicians and Leadership as a Model for Organizational Well-Being Success"</p>	<p style="text-align: center;">Efficiency of Practice</p> <p style="text-align: center;">Jordan Dale, MD and Anjali Kohli, MD "Finding Joy in Epic"</p> <p style="text-align: center;">Todd Pickard, DMSc, PA-C "The Impact of Team-Based Care on Professional Fulfillment"</p> <p style="text-align: center;">Margaret Head, MSN, MBA, Shaun Stephenson, MHA and Shayna Upchurch, MD "Cultivating Efficiency of Practice through Daily Management"</p>	<p style="text-align: center;">Personal Resilience</p> <p style="text-align: center;">Adarsh Bhimraj, MD "The Power of Presence: Fostering Wellness through Awareness and Equanimity"</p> <p style="text-align: center;">Gregory Charlop, MD "Purpose Builds Resilience - Defeat Burnout with a Passion Project"</p> <p style="text-align: center;">Faisal Masud, MD "Compassion - The Secret Ingredient"</p> <p style="text-align: center;">Gia Washington Readoux, PhD "Radical Wellness: Self Care and Personal Resilience"</p>
	3:15pm - 3:25pm	Transition	
3:25pm - 3:45pm	Unveiling Houston Methodist's Strategy for Physician and APP Well-Being Shlomit Schaal, MD, PhD, MHCM Executive Vice President Chief Physician Executive, Houston Methodist; President and Chief Executive Officer, Houston Methodist Physician Organization		
3:45pm – 4:30pm	Networking Happy Hour & Live Performance		