

7:00am-8:30am	<b>Check-In &amp; Breakfast</b>
7:30am-8:15am	<b>Mindfulness in Motion</b> <i>(<a href="#">Click this link to sign-up for this session by Friday, August 29th</a>)</i>
8:30am-8:35am	<b>Opening Remarks</b> <b>Co-MC – TBD</b>  <b>Co-MC – TBD</b>  <b>Prayer</b> <b>Stacy Auld, MDiv</b> Senior Director, Spiritual Care & Values Integration Houston Methodist
8:35am-8:45am	<b>Welcome Message</b> <b>Marc Boom, MD, MBA</b> President and CEO Houston Methodist  <b>Shlomit Schaal, MD, PhD, MHCM</b> Executive Vice President, Chief Physician Executive, Houston Methodist; President and Chief Executive Officer, Houston Methodist Physician Organization
8:45am-9:15am	<b>The Power of We: Finding Our Collective Pulse</b>
9:15am-10:15am	<b>Keynote Session</b> <b>J. Bryan Sexton, PhD</b> Director, Duke Center for the Advancement of Well-being Science; Associate Professor, Psychiatry and Behavioral Sciences, Duke University School of Medicine
10:15am-10:35am	<b>Transition &amp; Refreshments</b>

10:35am-11:35am	<b>Concurrent Breakout Sessions</b> <i>The Power of We and The Stanford Model of Professional Fulfillment</i>		
	<b><u>Culture of Wellness</u></b>  <b>Sapna Singh, MD, FAAP</b> Chief Medical Officer and Chief Well-being Officer, Texas Children's Pediatrics  <b>Gregory Wallingford, MD, MBA</b> Assistant Dean, Professional Fulfillment & Well-Being Medical Director, UT Health Austin Well-Being Assistant Professor, Internal Medicine	<b><u>Efficiency of Practice</u></b>  <b>Babatope Fatuyi, MD, MPH</b> Chief Medical Information Officer, The University of Texas Health Science Center Houston  <b>Juan Carlos Roza, MD, FACC, FASE</b> Physician, Medical Director, Houston Methodist, Creekside Comprehensive Care Center <b>Jefferson Alegria, MHA</b> Regional Administrator, Houston Methodist, Creekside Comprehensive Care Center <b>Lateishe Walters</b> Regional Administrator, Houston Methodist	<b><u>Personal Resilience</u></b>  <b>Clair Kuriakose, MBA, PA-C, FACHE</b> Vice President, Chief Advanced Practice Officer, Stanford Health Care  <b>Marilyn Tennille, BSN, RN</b> Program Manager, Health Education & Learning (HEAL) Program <b>Nhu Bruce, MD</b> Vascular Neurology, Houston Methodist, The Woodlands <b>Stacy Moye, NP</b> Neurology, Houston Methodist, The Woodlands
11:35am-12:30pm	<b>Lunch, Poster Exhibition, and Wellness Showcase</b>		
12:30pm-1:00pm	<b>Plenary Session</b> <i>Houston Methodist's JIMI Strategy for PCG &amp; SPG Clinician Well-being</i>  <b>Shlomit Schaal, MD, PhD, MHCM</b> Executive Vice President, Chief Physician Executive, Houston Methodist; President and Chief Executive Officer, Houston Methodist Physician Organization		
1:00pm-1:45pm	<b>Panel Session</b> <i>Beyond the Stethoscope: Fueling Joy Through Interests That Connect and Inspire</i>  <b>Moderator: Stefanie Simmons, MD, FACEP</b> Chief Medical Officer, Dr. Lorna Breen Heroes' Foundation  <b>Panelists</b> Nicole Bartek, DNP, PMHNP Stephanie Chen, MD Gulchin Ergun, MD Clair Kuriakose, PA-C Stephen Incavo, MD Andrea Giulio Quarti, MD		
1:45pm-2:05pm	<b>Transition &amp; Refreshments</b>		

2:05pm-2:50pm	<p style="text-align: center;"><b>Concurrent Workshop Sessions</b>  <b><i>The Power of We: Experiential Approaches to Well-being and Connection</i></b></p>
	<p><b><u>Session 1</u> - The Power of Storytelling in Medicine: Deepening Connection, Compassion, and Meaning</b></p> <p style="text-align: center;"><b>Anita Bangale, MD, FACEP</b>, Physician, Emergency Medicine  <b>Vanessa Golenia</b>, Storyteller in Residence, Houston Methodist Center for Performing Arts Medicine (CPAM)</p>
	<p><b><u>Session 2</u> - The Power of Belonging: Spirituality, Community, and the Healing Journey</b></p> <p style="text-align: center;"><b>Leah Adams Pruitt</b>, Vice President, Engagement, Institute for Spirituality and Health  <b>Mary Brandt, MD</b>, Distinguished Emeritus Professor of Surgery and Medical Ethics, Baylor College of Medicine  <b>Manizeh Mirza-Gruber, MD</b>, Psychiatry, Mindful in Practice LLC</p>
	<p><b><u>Session 3</u> - The Power of Rhythm: Strengthening Teams Through Creativity and Collaboration</b></p> <p style="text-align: center;"><b>Dale A. Monnin, D.ODC</b>, Founding Partner, Drum Cafe USA</p>
	<p><b><u>Session 4</u> - The Power of Presence: Communicating with Intention in Clinical and Team Settings</b></p> <p style="text-align: center;"><b>Stacy Norton, MD</b>, Physician Advisor, Houston Methodist Willowbrook  <b>Cecilia Cruz, MD</b>, Physician, Emergency Medicine  <b>Alley Theatre Teaching Artists</b></p>
	<p><b><u>Session 5</u> - The Power of Food: Nutrition for the Busy Clinician</b></p> <p style="text-align: center;"><b>Linda Pearson, MD</b>, Anesthesiology, Interventional Pain Medicine; Medical Acupuncture and Lifestyle Medicine; Houston Methodist The Woodlands  <b>Amanda Beaver, MS, RD, LD</b>, Wellness Dietitian, Houston Methodist</p>
	<p><b><u>Session 6</u> - The Power of Nature: Harnessing the Benefits of the Natural World</b></p> <p style="text-align: center;"><b>Jay Maddock, PhD, FAAHB</b>, Professor, Department of Environmental and Occupational Health, Texas A&amp;M University;  Adjunct Professor, Department of Medicine, Houston Methodist Academic Institute  Director, Center for Health and Nature  <b>Stephanie Bruce, MD, MAS, FACOG</b>,  Assistant Chief Quality Officer, Houston Methodist Willowbrook</p>
	<b>Transition</b>
2:50pm-3:00pm	<b>The Power of We: From Reflection to Action</b>
3:00pm-3:30pm	<p style="text-align: center;"><b>Closing Remarks</b></p> <p style="text-align: center;"><b>Stephanie Jones-Wood, MPH, CPHQ</b>  Director, Professional Fulfillment and Experience  Houston Methodist Physician Organization</p> <p style="text-align: center;"><b>Co-MC – TBD</b>  <b>Co-MC – TBD</b></p>
3:30pm-3:45pm	<b>Networking Happy Hour with Refreshments &amp; Live Performance</b>