

7:00am-8:30am	<b>Check-In &amp; Breakfast</b>
7:30am-8:15am	<p><b>Pre-Symposium Session</b></p> <p><b><i>JIMI Morning Reset: Movement &amp; Mindfulness to Begin the Day</i></b>  <i>(<a href="#">Click this link to sign-up for this session by Friday, August 29th</a>)</i></p>
8:30am-8:35am	<p><b>Opening Remarks</b> <b>Co-MC – TBD</b></p> <p><b>Co-MC – TBD</b></p> <p><b>Prayer</b> <b>Stacy Auld, MDiv</b> Senior Director, Spiritual Care &amp; Values Integration Houston Methodist</p>
8:35am-8:45am	<p><b>Welcome Message</b> <b>Marc Boom, MD, MBA</b> President and CEO Houston Methodist</p> <p><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>
8:45am-9:15am	<p><b>Plenary Session</b> <b>The Power of We: Finding Our Collective Pulse</b></p>
9:15am-10:15am	<p><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</p>
10:15am-10:35am	<b>Fika Break</b>

	<p><b>Concurrent Breakout Sessions</b></p> <p><b><i>The Power of We and The Stanford Model of Professional Fulfillment</i></b></p>		
	<p><b><u>Session A</u></b></p> <p><b>Culture of Wellness</b></p> <p><b>Sapna Singh, MD, FAAP</b> Chief Medical Officer and Chief Well-being Officer, Texas Children’s Pediatrics</p> <p><i>“Quiet Conversation After a Storm: Finding Meaning Through Rapid Real-Time Team-Based Debriefing”</i></p> <p><b>Gregory Wallingford, MD, MBA</b> Assistant Dean, Professional Fulfillment &amp; Well-Being Medical Director, UT Health Austin Well-Being Assistant Professor, Internal Medicine</p>	<p><b><u>Session B</u></b></p> <p><b>Efficiency of Practice</b></p> <p><b>Babatope Fatuyi, MD, MPH</b> Chief Medical Information Officer, The University of Texas Health Science Center Houston</p> <p><b>Juan Carlos Rozo, MD, FACC, FASE</b> Physician, Medical Director, Houston Methodist, Creekside Comprehensive Care Center</p> <p><b>Jefferson Alegria, MHA</b> Regional Administrator, Houston Methodist, Creekside Comprehensive Care Center</p> <p><b>Lateishe Walters</b> Regional Administrator, Houston Methodist</p>	<p><b><u>Session C</u></b></p> <p><b>Personal Resilience</b></p> <p><i>“Developing an Organizational Strategy for APP Well-being”</i></p> <p><b>Clair Kuriakose, MBA, PA-C, FACHE</b> Vice President, Chief Advanced Practice Officer, Stanford Health Care</p> <p><i>“Building Resilience Through Connection”</i></p> <p><b>Marilyn Tennille, BSN, RN</b> Program Manager, Health Education &amp; Learning (HEAL) Program</p> <p><b>Nhu Bruce, MD</b> Vascular Neurology, Houston Methodist, The Woodlands</p> <p><b>Stacy Moye, NP</b> Neurology, Houston Methodist, The Woodlands</p>
10:35am-11:35am			
11:35am-12:30pm	<p><b>JIMI Power Lunch</b></p> <p><b>JIMI Poster Showcase</b></p> <p><b>JIMI Wellness &amp; Resources Showcase</b></p>		
12:30pm-1:00pm	<p><b>Plenary Session</b></p> <p><b><i>Houston Methodist’s JIMI Strategy for Primary Care Group (PCG) &amp; Specialty Physician Group (SPG) Clinician Well-being</i></b></p> <p><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>Panel Session</b></p> <p><i>Beyond the Stethoscope: Fueling Joy Through Interests That Connect and Inspire</i></p>
	<p><b>Concurrent Workshop Sessions</b></p> <p><b>The Power of We: Experiential Approaches to Well-being and Connection</b></p>
	<p><b><u>Live Oak A</u></b></p> <p><b><u>Session 1</u> - The Power of Food: Nutrition for the Busy Clinician</b></p> <p>Linda Pearson, MD, Anesthesiology, Interventional Pain Medicine; Medical Acupuncture and Lifestyle Medicine; Houston Methodist The Woodlands</p> <p>Amanda Beaver, MS, RD, LD, Wellness Dietitian, Houston Methodist</p>
	<p><b><u>Live Oak B</u></b></p> <p><b><u>Session 2</u> - The Power of Presence: Communicating with Intention in Clinical and Team Settings</b></p> <p>Stacy Norton, MD, Physician Advisor, Houston Methodist Willowbrook</p> <p>Cecilia Cruz, MD, Physician, Emergency Medicine</p> <p>Alley Theatre Teaching Artists</p>
2:05pm-2:50pm	<p><b><u>Live Oak C</u></b></p> <p><b><u>Session 3</u> - Stories that Sustain: Rediscovering Purpose Through Storytelling</b></p> <p>Anita Bangale, MD, FACEP, Physician, Emergency Medicine</p> <p>Vanessa Golenia, Storyteller in Residence, Houston Methodist Center for Performing Arts Medicine (CPAM)</p>
	<p><b><u>Winged Elm</u></b></p> <p><b><u>Session 4</u> - The Power of Rhythm: Strengthening Teams Through Creativity and Collaboration</b></p> <p>Dale A. Monnin, D.ODC, Founding Partner, Drum Cafe USA</p>
	<p><b><u>Live Oak Ballroom Foyer/Outdoors/Red Maple (if inclement weather)</u></b></p> <p><b><u>Session 5</u> - The Power of Nature: Harnessing the Benefits of the Natural World</b></p> <p>Jay Maddock, PhD, FAAHB, Regents Professor, Department of Environmental and Occupational Health, Texas A&amp;M University;</p> <p>Adjunct Professor, Department of Medicine, Houston Methodist Academic Institute;</p> <p>Director, Center for Health &amp; Nature</p> <p>Stephanie Bruce, MD, MAS, FACOG, Assistant Chief Quality Officer, Houston Methodist Willowbrook</p>
	<p><b><u>Magnolia</u></b></p> <p><b><u>Session 6</u> - The Power of Belonging: Spirituality, Community, and the Healing Journey</b></p> <p>Leah Adams Pruitt, Vice President, Engagement, Institute for Spirituality and Health at the Texas Medical Center</p> <p>Mary Brandt, MD, MDiv, FACS, FAAP, Distinguished Emeritus Professor of Surgery, Pediatrics and Medical Ethics, Baylor College of Medicine</p>
2:50pm-3:00pm	<p><b>Fika Break</b></p>

3:00pm-3:20pm	<p><b>Plenary Session</b></p> <p><i>The Power of We: From Reflection to Action</i></p>
3:20pm-3:45pm	<p><b>Closing Celebration &amp; Awards</b></p> <p><b>Stephanie Jones-Wood, MPH, CPHQ</b> Director, Professional Fulfillment and Experience Houston Methodist Physician Organization</p> <p><b>Co-MC – TBD</b></p> <p><b>Co-MC – TBD</b></p>
3:45pm-4:30pm	<p><b>JIMI Networking Social with Refreshments &amp; Live Musical Performance</b></p>

**Featured Session Descriptions**

**Pre-Symposium Session: JIMI Morning Reset**

Ease into the day with JIMI Morning Reset—a gentle, in-person yoga experience designed to help attendees ground themselves before the symposium begins. This calming movement session offers space to breathe, release tension, and reconnect with your mind and body. No prior yoga experience required.

**JIMI Recharge Room (Located in Sycamore Conference Room)**

Step away, slow down, and take a moment to recharge. The JIMI Recharge Room offers a quiet, calming space for attendees to rest, reflect, or simply breathe between sessions. Whether you need a few minutes of stillness or a peaceful place to reset, this room is here to support your well-being throughout the day.

**Fika (pronounced fee-kah) Breaks**

Inspired by the Swedish tradition of meaningful pause, Fika Breaks invite you to step away from the day’s activities to enjoy coffee, tea, light refreshments, and conversation. These intentional moments of rest are designed to encourage reflection, connection, and a sense of calm amid a dynamic event.

**JIMI Poster Showcase**

Explore the innovative work driving well-being across healthcare in the JIMI Poster Showcase. Featuring research, quality initiatives, and practice-based projects, each poster aligns with the Stanford Model of Professional Fulfillment—highlighting efforts to improve efficiency, build resilience, and foster a culture of wellness.

**JIMI Wellness & Resource Showcase**

Taking place during lunch alongside the Poster Showcase, the JIMI Wellness & Resource Showcase spotlights departments and programs advancing clinician well-being. Learn about available resources, connect with experts, and discover actionable strategies to support your teams.

**JIMI Networking Social**

Close the day with the JIMI Networking Social—an informal gathering to unwind, connect, and celebrate. Enjoy refreshments, music, a photo booth, and casual conversation with peers from across Houston Methodist and beyond, all in the spirit of community and professional fulfillment.