



Updates on Wellness for your Medical Practice

Developed in partnership by the Michigan Osteopathic Association & Michigan State Medical Society

Friday, October 4, 2024

8:45 am - 4:45 pm

MHA/MOA Headquarters

2112 University Park Drive / Okemos, MI 48864

www.domoa.org/wellness

This 7-hour conference will focus on bringing the concept of general wellness into the physician's practice with an emphasis on lifestyle medicine in Michigan.

| Times | Topics/Events | Speakers |
|----------------|---|---|
| 8-8:45 am | <i>Healthy Breakfast with Exhibitors</i> | |
| 8:40-8:45 am | <i>Opening Remarks</i> | Gary Roth, DO, MBA, FACOS, Chief Medical Officer, Michigan Hospital Association |
| 8:45-9:45 am | Team-Based Models of Care in Lifestyle Medicine | Kristi Artz, MD, FACLM, CCMS, Spectrum Health |
| 9:45-10:45 am | Healthspan, Epigenetics, and the Microbiome | Elizabeth Swenor, DO, DipACLM, Henry Ford Health |
| 10:45-11 am | <i>Break, Visit with Exhibitors</i> | |
| 11 am-12 pm | Beyond Sleep Hygiene: Best Practices for Sleep Health | Virginia Skiba, MD, Henry Ford Health |
| 12-12:30 pm | <i>Healthy Lunch, Visit with Exhibitors</i> | |
| 12:30-1:30 pm | Cardiovascular Disease: The #1 Killer | Joel Kahn, MD, FACC, Kahn Center for Cardiac Longevity |
| 1:30-2:30 pm | Childhood Obesity | Christina Lucas-Vougiouklakis, DO, DipABLM, ProMedica |
| 2:30-2:45 pm | <i>Break, Visit with Exhibitors</i> | |
| 2:45-3:45 pm | Shared Medical Office Visits | Aarthi Chandarana, DO, DipABLM, Henry Ford Health |
| 3:45-4:45 pm | Lifestyle Medicine Approaches to Brain Health | Melissa Sundermann, DO, FACOI, DipACLM, FACLM, Trinity IHA |
| 4:45 pm | Program Concludes | |