

	Great Hall	Room 400A Experiential Activities	Room 400B Breakout Session	Room 400C Breakout Session	Room 417 Breakout Session	Lower Level Circle
9:00	LIGHT BREAKFAST + COFFEE	Yoga led by Kim Lauch with Relazenships	Tai Chi led by Derek Johnson with UC Health Integrative Medicine	Meditation led by Geraldine Wu, MD	Dance Fusion led by Chris Howell	Sound Off Cincinnati
9:30						
10:00						
10:20	BREAK					
10:30	WELCOME—GREAT HALL					
10:50	BREAK					
11:00	Cancer Risk Reduction: Rekha Chaudhary, MD, UC Health Integrative Medicine. Moderated by Jeralyn Barrett	Music Bowls for Healing: Max Raphael	Gut Health and Fermentation: Stephanie Michalak, Turner Farm	Stress and Parenting: Jaimi Cabrera, Beech Acres	Pain Management: Erik Nabi, Form + Function Movement Labs	
11:30						
11:50						
12:00	LUNCH AND ROUND TABLE DISCUSSIONS WITH INTEGRATIVE HEALTH AND WELLNESS LEADERS—GREAT HALL					
12:30						
12:50	BREAK					
1:00	KEYNOTE SPEAKER: VICTORIA MAIZES, MD, EXECUTIVE DIRECTOR OF THE ARIZONA CENTER FOR INTEGRATIVE MEDICINE AND PROFESSOR OF MEDICINE PRESENTS <i>VITALITY</i> —GREAT HALL					
1:30						
1:50	BREAK					
2:00	Stress Management Panel: Meera Murthi, PhD and Jyoti Sachdeva, MD. Moderated by Meriden McGraw	Mindful Movement: Heather Britt, Owner, Dancefix	Yoga and Cancer: Tina Walter, Integrative Oncology Yoga Therapist, UC Health	Breath Techniques and Mindfulness for Pain: Jen Wright, Yoga Therapist, Cincinnati VA Medical Center	Gut Health: Ingrid Keating, Integrative Medicine Practitioner, Lotus Integrative Medicine	
2:30						
2:50						
3:00	Gut Health and Functional Medicine: Lauri Nandyal, MD, UC Health Integrative Medicine. Moderated by Cathy Crain	Dance for Stress Reduction: Jess Evans, Owner, DanceFactory Fitness	Mindful Music Moments in Schools: Stacy Sims	Food and Cancer: Carina Braeutigam, MD, Cincinnati Children's Hospital Hospital Medical Center	Massage to Treat Pain: Polly Collins, UC Health Integrative Medicine	
3:30						
3:50	BREAK					
4:00	Pain Management Panel: Barbara Walker, PhD and Derek Johnson, UC Health Integrative Medicine. Moderated by Elizabeth Pierce	Drumming Therapy for Healing: Lisa Wefer	Massage, Essential Oils and Cancer: Heather McGee and Amanda Maroon	Growing Local for Gut Health: Mike Zelkind, CEO, 80 Acres	Mindfulness and Stress Reduction: Mehran Attari, MD, Mercy Health	
4:30						
4:50	CLOSING CEREMONY/REFLECTIONS ON THE DAY—GREAT HALL					

Color Code Color coded by track:
Integrative Oncology, Pain Management, Stress Management, Gut Health, All, Experiential

