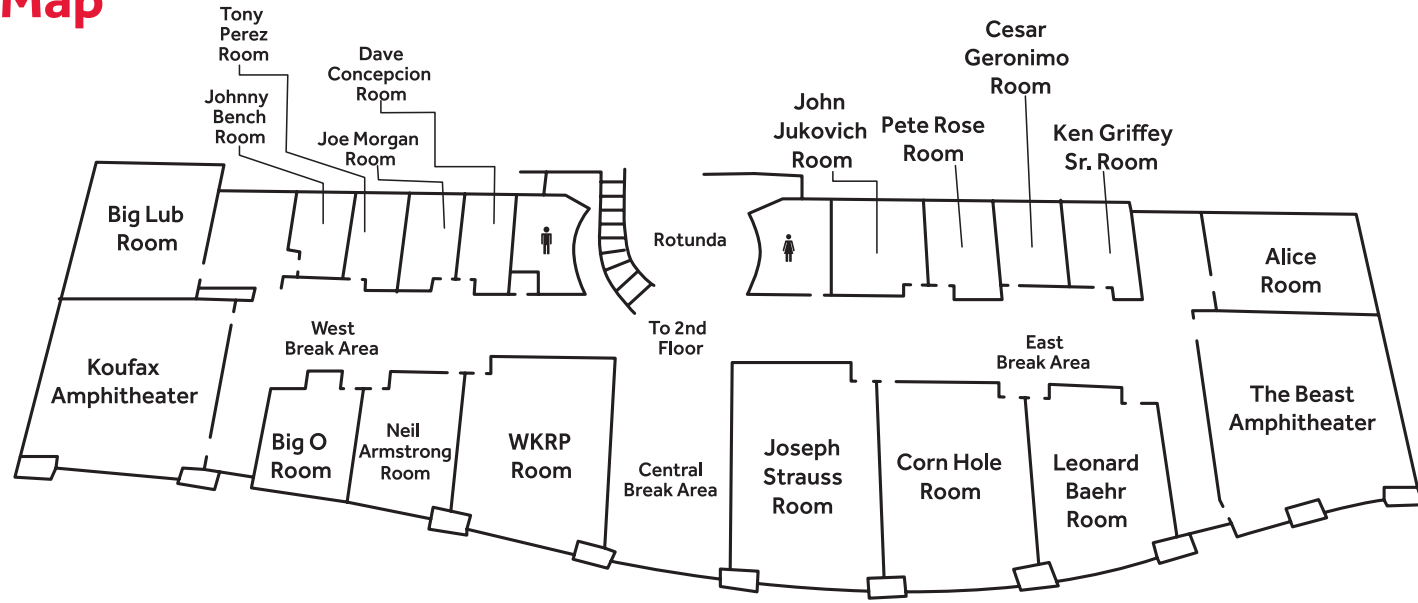


Map



WELCOME TO Optimize Your Well-Being

A community symposium focused on non-pharmacological approaches to pain management

Hosted jointly by the UC Center for Integrative Health and Wellness and the UC Brain Tumor Center

Saturday, May 14
9 am – 3 pm

Graduate Cincinnati Hotel
151 GOODMAN ST.
CINCINNATI, OH 45219



Use this code to read speaker bios and session descriptions, to donate to the host organizations and more

Time	Agenda					
8:15 – 9 a.m.	Check-in Upstairs/outside main ballroom					
	Ballroom / Upper Level of Hotel	Joseph Strauss	Leonard Baehr	WKR	Corn Hole	Alice Room
9 – 9:45 a.m.		Yoga Flow with Blu 200 Blu Cauthen, 200HRCYT <i>Certified Yoga Therapist, Owner of InoarG</i> Dress comfortably and bring a yoga mat!	Gentle Yoga Movement as Medicine: The best yoga practices to target and release pain Tina Walter, BA, C-IAYT <i>C-IAYT Certified Yoga Therapist, UC Health Integrative Medicine</i> Dress comfortably and bring a yoga mat!	Give it Up and Turn it Loose! Move To Free Your Soul Fran Bailey, BFA <i>Dancer, Healer, and Author, Creator of The SHEVA Method</i> Dress comfortably!	Self-Compassion and Healing Meditation for Health and Resiliency Meera Murthi, MS, PhD <i>Qualified instructor of Mindfulness-Based Stress Reduction (MBSR) & Mindful Self Compassion (MSC)</i>	
10 a.m.	Welcome Ballroom/Upper Level of Hotel		Sian Cotton, PhD <i>Director, UC Center for Integrative Health and Wellness and Turner Farm Foundation Chair, Professor of Family and Community Medicine, University of Cincinnati College of Medicine</i>			
	Ballroom/Upper Level	Koufax Amphitheater	Joseph Strauss	The Beast Amphitheater	Corn Hole	Alice Room
10:30 – 11:15 a.m.	Healthy Sleep Jennifer Rose V. Molano, MD <i>Associate Professor of Clinical Neurology and Rehabilitation Medicine, University of Cincinnati College of Medicine</i>	Body and Pain: Using Acupuncture to Help Your Body Heal Angela C. Lai, LAc, Dipl OM (NCCAOM) <i>Certified Acupuncture Therapist, UC Health Integrative Medicine</i>	Muscle Activation Techniques: Creating Mobility Through Muscular Stability Aaron Lakanen <i>MAT Rx, Muscle Activation Techniques Specialist, NRG Fitness and Performance</i>	Anti-inflammatory Diet & Foods Mladen Golubic, MD, PhD <i>Professor, Medical Director, UC Center for Integrative Health and Wellness; Professor of Clinical Family and Community Medicine, University of Cincinnati College of Medicine</i> Stephanie Michalak White, EdD <i>Chef, Auguste Escoffier School of Culinary Arts</i>	Using Biofeedback to Reduce Pain Barbara Walker, PhD <i>Integrative Health and Performance Psychologist, UC Health Integrative Medicine, Associate Professor of Psychiatry & Behavioral Neuroscience, University of Cincinnati College of Medicine</i>	Quiet Space Visit this room for quiet reflection or meditation throughout the day.
	Ballroom/Upper Level	Corn Hole	Leonard Baehr	The Beast Amphitheater	Koufax Ampitheater	Alice Room
11:30 a.m. – 12:15 p.m.	The Psychobiology of Pain and Reasons for Holistic Care Susmita Kashikar-Zuck, PhD <i>Clinical Psychologist, Associate Director of Pediatric Pain Research and Director of the Behavioral Pain Management Research Program at Cincinnati Children's; Affiliate Professor at University of Cincinnati College of Medicine</i>	Restoring Balance: Somatic and Pilates Strategies for Navigating Pain Andrea Tutt, MFA-IA, PMA <i>Advanced Certified Yoga and Pilates Instructor, Bones for Life Practitioner</i>	The Art of Listening: Sound Immersion Sonya Verma, MHSA, MBI <i>Master of Health Services Administration (MHSA), MBI, Registered Yoga Therapist, Ayurvedic Holistic Health Counselor</i> Daniel Hall <i>MHSA, Registered Yoga Instructor</i>	Mindfulness Meditation for Pain: The Rationale and Practical Application Meriden McGraw, MPH <i>Director of Workplace Mindfulness, UC Center for Integrative Health and Wellness</i>	Osteopathic Manipulation Therapy to Heal Dysfunction and Pain Nicole Goddard, DO, CAQSM <i>Certified Added Qualification in Sports Medicine (CAQSM), Primary Care Sports Medicine, Beacon Orthopaedics and Sports Medicine</i>	Quiet Space Visit this room for quiet reflection or meditation throughout the day.
12:30 p.m.	Keynote and Lunch		Transforming Pain: The Role of Integrative Pain Management — ROBERT BONAKDAR, MD <i>Director of Pain Management at the Scripps Center for Integrative Medicine, located in La Jolla, California and Assistant Clinical Professor at the University of California, San Diego School of Medicine</i>			
	Ballroom/Upper Level	The Beast Amphitheater	Joseph Strauss	Corn Hole	WKR	Alice Room
2 – 2:45 p.m.	Non-pharmacologic Pain Relief via Group Medical Visits Mladen Golubic, MD, PhD <i>Professor, Medical Director, Center for Integrative Health and Wellness; Professor of Clinical Family and Community Medicine, University of Cincinnati College of Medicine</i> Tiffany Diers, MD <i>Associate Professor, Program Director, Internal Medicine Residency Program, University of Cincinnati College of Medicine</i> Jinda Bowerman, DNP, APRN, FNP-C <i>Family Nurse Practitioner and Co-director, UC Health Group Visit Program</i>	Expressive Digital Health Therapies for Well-Being Claudia Rebola, PhD <i>Associate Professor, Industrial Design, College of Design, Architecture, Art, and Planning (DAAP), University of Cincinnati</i>	Self-Massage and Acupressure Techniques for Pain Relief Alyssa Johnson MOM, LAc <i>Licensed Acupuncturist, Clinical Manager, UC Health Integrative Medicine</i>	Guided Imagery for Pain Reduction Barbara Walker, PhD <i>Integrative Health and Performance Psychologist, UC Health Integrative Medicine; Associate Professor of Psychiatry & Behavioral Neuroscience, University of Cincinnati College of Medicine</i>	Peaceful Resonance: Music Therapy Techniques for Pain Reduction Betsey Zenk Nuseibeh, MM, MEd, MT-BC <i>Music Therapist, UC Health Integrative Medicine</i>	Quiet Space Visit this room for quiet reflection or meditation throughout the day.
2:45 – 3:30 p.m.	Closing — Interactive Drum Circle Lower level of hotel		An energizing way to end the day, led by Baoku Moses, world fusion afro artist			