

Mayo Clinic Practical Integrative Medicine: Renew, Rejuvenate, Inspire, & Connect 2024

March 7-9, 2024

JW Marriott Orlando Bonnet Creek

WIFI username:

WIFI password:

Agenda is in Eastern Time (ET)

| THURSDAY MARCH 7, 2024 | |
|--------------------------|---|
| 12:00 PM ET | Registration/Exhibits |
| INTEGRATIVE MEDICINE 101 | |
| 12:30 PM | Welcome & Introduction <i>Denise Millstine, MD</i> |
| 12:40 PM | Overview of Integrative Medicine <i>Denise Millstine, MD</i> |
| 1:10 PM | Principles of Acupuncture <i>Tony Chon, MD</i> |
| 1:40 PM | Manual Therapies <i>Brent Bauer, MD</i> |
| 2:10 PM | Q&A Panel |
| 2:35 PM | Break/Exhibits |
| 2:50 PM | Mind-Body <i>Sarah Stinson, MS, LPC, LPCC</i> |
| 3:20 PM | Supplements <i>Heather Fields, MD</i> |
| 3:50 PM | A Career as an IMH Physician <i>Larry Bergstrom, MD</i> |
| 4:20 PM | Q&A Panel |
| 4:45 PM | Break/Exhibits |
| 5:00 PM | Keynote Lecture/Q&A: A 103-Year-Old Doctor's 6 Secrets to Health and Happiness at Every Age <i>Gladys McGarey, MD</i> |
| 6:00 PM | Adjourn |
| 6:00 – 7:00 PM | Welcome Reception (Non-CME) |

To ask questions join at:

vevox.pp

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| FRIDAY MARCH 8, 2024 | |
|-----------------------------------|---|
| 7:00 AM ET | Breakfast/Yoga Session/Exhibits |
| CLINICAL IMH, PAIN, & ACUPUNCTURE | |
| 7:55 AM | Welcome <i>Michael Mueller, MD</i> |
| 8:00 AM | Integrative Oncology <i>Krisstina Gowin, MD</i> |
| 8:30 AM | Long Covid <i>Bala Munipalli, MD</i> |
| 9:00 AM | Fibro <i>Michael Mueller, MD</i> |
| 9:30 AM | Q&A Panel |
| 9:55 AM | Break/Exhibits |
| 10:10 AM | Non-Pharmacologic Pain Management <i>Jon Tilburt, MD</i> |
| 11:10 AM | Acupuncture for Specific Symptoms <i>Debbie Elam, PhD, LAc</i> |
| 11:40 AM | Q&A Panel |
| 12:05 PM | Break/Exhibits |
| 12:20 PM | Keynote Lecture/Q&A: Cancer and Acupuncture <i>Jun Mao, MD</i> |
| 1:20 PM | Adjourn |

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| SATURDAY MARCH 9, 2024 | |
|--|---|
| 7:00 AM ET | Breakfast/Tai Chi Session/Exhibits |
| MINDFULNESS, LIFESTYLE, NUTRITION, & HEALTH COACHING | |
| 7:55 AM | Welcome <i>Denise Millstine, MD</i> |
| 8:00 AM | Mindfulness for Living Your Best Life <i>Adam Perlman, MD</i> |
| 8:45 AM | Music & Medicine <i>Brent Bauer, MD</i> |
| 9:15 AM | Q&A Panel |
| 9:40 AM | Break/Exhibits |
| 9:55 AM | Lifestyle Medicine <i>Dawn Mussallem, MD</i> |
| 10:40 AM | Health & Wellness Coaching <i>Kristin Vickers, PhD, LP</i> |
| 11:10 AM | Q&A Panel |
| 11:35 AM | Break/Exhibits |
| 11:50 AM | Keynote Lecture/Q&A: Fasting (Non-CME) <i>Valter Longo, MD</i> |
| 12:50 PM | Closing Remarks |
| 1:00 PM | Adjourn |

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