Overview: Join today’s thought leaders and healthcare experts to improve patient care within our communities with lectures and panel discussions focused on preventive care, longevity medicine, health equity and more.

This two-day AOA/AMA/CPE-accredited multi-disciplinary conference will connect healthcare practitioners and professionals who are dedicated to improving patient care and defining the future of integrative health.

When: Thursday, September 21, 2023 – Friday, September 22, 2023

Location: Duquesne University Power Center

Who: physicians, medical residents, physician assistants, nurse practitioners, nurses, pharmacists, health administrators, counselors, therapists, health advocates, funders and policymakers.

Why: To engage health professionals in integrative education, leadership, interprofessional collaboration, research and advocacy to promote an upstream approach to health and wellness that is person-centric.

**Thursday, September 21, 2023**

**Advancing Health Equity and Preveventing Chronic Disease**

AOA/AMA credits: 5.5-contact hours | Eligible for ACPE Credits

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<th>Time</th>
<th>Session</th>
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<tr>
<td>8:30 a.m. – 9:30 a.m.</td>
<td>Registration and Continental Breakfast</td>
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| 9:30 a.m. – 9:45 a.m. | Opening Remarks
| 9:45 a.m. – 10:45 a.m. | The Social Determinants of Health
| 10:45 a.m. – 11:45 a.m. | Making the “Invisible” Public Health Infrastructure, Visible

**Session 1: Beyond Health Care: The Role of Social Determinants in Advancing Health Equity**

9:45 a.m. – 11:45 a.m.
Moderator: David J. Dausey, Ph.D., Ed.D.

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| 9:45 a.m. – 10:45 a.m. | The Social Determinants of Health
| 1 AOA/AMA credit Eligible for ACPE Credit |
| 10:45 a.m. – 11:45 a.m. | Making the “Invisible” Public Health Infrastructure, Visible
| 1 AOA/AMA credit Eligible for ACPE Credit |

Kenneth G. Gormley, J.D.
President
Duquesne University

Jennifer Elliott, PharmD
Ed and Karen Fritzky Chair in Integrative Medicine and Wellbeing
Director, Center for Integrative Health
Associate Professor of Pharmacy
Duquesne University

Amber Fedin, DO, FACOFP, FAAFP
Associate Dean for Clinical Affairs
Associate Professor of Family Medicine
College of Osteopathic Medicine
Duquesne University

Michael Yonas, DrPH
Vice President, Public Health, Research and Learning
The Pittsburgh Foundation
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<tr>
<th>Time</th>
<th>Session 2: Community-Centered, Integrative Approaches to Promote Health Equity</th>
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<td>12:45 p.m. – 1:15 p.m.</td>
<td><strong>Racial, Ethnic and Socioeconomic Inequities in Health</strong>&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Ahmad Khanijahani, PhD, CPH, CHDA&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Assistant Professor&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;John G. Rangos, Sr. School of Health Sciences&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Duquesne University&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;1:15 p.m. – 2:15 p.m.</td>
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<td>2:15 p.m. – 2:30 p.m.</td>
<td><strong>Break</strong>&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Kathy Selvaggi, MD&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Chief Community Health Officer Independence Health System – Butler Memorial Hospital</td>
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<td>3:30 p.m. – 4:00 p.m.</td>
<td><strong>Maternal Child Health Equity Fellowship: An Integrative Health Approach</strong>&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Jessica Devido, PhD, APRN, CPNP&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Director of the Maternal Child Health Equity Fellowship&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Associate Professor School of Nursing Duquesne University&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Iyanna Bridges&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Birth and Postpartum Doula Owner and Founder of the Birthing Hut&lt;br.IsNullOrWhiteSpace(AlternateText)=&quot;&quot; /&gt;Rashida Henderson, PhD, BS, MBA, MSN, RN, CNML Clinical Faculty School of Nursing Duquesne University</td>
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| 4:00 p.m. – 4:30 p.m. | **Integrative Approaches to Digital Health, Inclusion, and Real-World Applications**  
| 0.5 AOA/AMA credit  | Eligible for ACPE Credit  |
| 4:30 p.m. – 5:00 p.m. | Networking Reception |
| Friday, September 22, 2023 | **Integrative Health - Healthy Aging, Longevity Medicine and the Future of Healthcare**  
| AOA/AMA credits: 7.25 contact hours | Eligible for ACPE Credits  |
| 7:00 a.m. – 8:30 a.m. | Registration and Continental Breakfast  |
| 7:45 a.m. – 8:15 a.m. | **Pre-Session Therapeutic Contemplative Movement Class: Integrative Lifestyle Medicine Yoga Session for Postural Awareness** - All levels welcome  
| 8:00 a.m. – 8:45 a.m. | Opening Remarks  |
| 8:45 a.m. – 9:45 a.m. | **Longevity: Aging like a fine wine instead of a glass of milk, and how exercise can help**  
| 9:45 a.m. – 10:45 a.m. | Exercise in Medicine: Bridging this Healthcare  |

**Moderator:** Jacob Turnbull, DO, CAQSM

**Moderator:** Matthew Kampert, DO, MS, ACSM-CEP
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| 10:45 a.m. – 11:00 a.m. | Mindful Break: Easing the Stress and Strain from Work Using Traditional Chinese Medicine Practices & Qigong | **Melissa Kerr, FNCP, DPT**  
                      |                                                                          | Project Manager  
                      |                                                                          | Lifestyle Medicine UPMC |
| 11:00 a.m. – 12:00 p.m. | Longevity Research Update                                               | **Johnny Huard, PhD**  
                      |                                                                          | Chief Scientific Officer and Director  
                      |                                                                          | Center for Regenerative Sports Medicine  
                      |                                                                          | Steadman Philippon Research Institute  
                      |                                                                          | Vail, CO |
| 12:00 p.m. – 1:00 p.m. | Lunch                                                                   |                                                                            |
| Session 2: Integrative Health: A Vision for Medicine  
1:00 p.m. – 2:30 p.m. | **A Vision for Medicine for the 21st Century**                          | **John Kauffman, Jr., DO, FACOI, FACP**  
                      |                                                                          | William S. Dietrich II Endowed Dean  
                      |                                                                          | Professor of Medicine  
                      |                                                                          | College of Osteopathic Medicine  
                      |                                                                          | Duquesne University  
                      | **Andrew Martin, DO**  
                      |                                                                          | Director of Sports Medicine  
                      |                                                                          | Assistant Professor of Family Medicine  
                      |                                                                          | Campbell University |
| 2:00 p.m. – 2:30 p.m. | Panel Discussion: Integrative Approaches to Medical Education          | **Moderator:**  
                      |                                                                          | **Genie James, MMSc**  
                      |                                                                          | Vice President of Accreditation, Commission of  
                      |                                                                          | Osteopathic College Accreditation  
                      |                                                                          | American Osteopathic Association  
                      |                                                                          | Chicago, IL  
                      | **Panelists:**  
                      |                                                                          | **Tyrone M. Carr, M.Ed.**  
                      |                                                                          | Director of Student Affairs and Diversity, Equity  
                      |                                                                          | and Inclusion  
                      |                                                                          | College of Osteopathic Medicine  
                      |                                                                          | Duquesne University  
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| 2:30 p.m. – 2:45 p.m. | **Mindful Break: Office Yoga and Qigong to Combat Tech Neck and Fatigue**  
Mindful movement has a place at work. It is easy (and common) to get stuck in the daily routine at work, as well as stuck in certain postures for a long time. Over time, this leads to imbalances in movement and joints. In this mindful break, feel the difference between movement designed for length and strength with yoga as compared to similar movements designed to ease and soften with qigong. Both have benefits!  
*Melissa Kerr, FNCP, DPT*  
Project Manager  
Lifestyle Medicine UPMC |
| 2:45 p.m. – 3:45 p.m. | **Session 3: Integrative Health: Application and Implementation**  
Moderator: Jason Wells, PhD |
| 2:45 p.m. – 3:45 p.m. | **Changing the Landscape of Healthcare with Lifestyle Medicine: How to Do It, Where We Are, and Where We Are Going**  
Michelle Thompson, DO, AOBFP, ABOIM  
Vice Chief of Staff UPMC Horizon & Jameson  
Medical Director UPMC Lifestyle Medicine Program  
Clinical Assistant Professor of Family Medicine  
University of Pittsburgh School of Medicine  
Lake Erie College of Osteopathic Medicine  
Hermitage Community Medicine |
| 3:45 p.m. – 4:45 p.m. | **Prescription for Change: You are the Future of Integrative Health**  
Suzanne Labriola, DO  
Senior Medical Director, UPMC Employee Group  
Prescription for Wellness Medical Director |
| 4:45 p.m. – 5:30 p.m. | **An introduction to Osteopathic Principles and Integration into Practice**  
Brianne Wehner, DO  
Division Chief of Osteopathic Manipulative Medicine  
Assistant Professor of Family Medicine  
College of Osteopathic Medicine  
Duquesne University |
| 5:30 p.m. | **Closing Remarks** |

Total AOA/AMA Credits: 12.75 hours  
Eligible for ACPE Credit