

Thursday, April 25, 2024		
CME		
0.75 0.75 1	7:00-9:00 a.m.	Registration / Exhibitor Hall
	9:00-9:15 a.m.	Welcome/Opening: Andrew Weil, MD and Victoria Maizes, MD
	9:15-10:00 a.m.	Plenary 1: Jon Kabat-Zinn: The Integrative Role of Mindfulness in Medicine: Mobilizing the Interior Resources of Patient and Caregiver Across the Lifespan
	10:00-10:45 a.m.	Dialogue: Jon Kabat-Zinn and Andrew Weil, MD
1	10:45-11:15 a.m.	Break / Exhibitor Hall
	11:15-12:15 p.m.	Concurrent Experimentals Drumming as an Intervention for Wellbeing and Burnout: Andrew Ecker Healing BIPOC communities with Respectful, Decolonized Food Education: Teaching Nutrition in a Complex World : Geeta Maker-Clark Culinary Experience: Flavorama -- Blending Flavor, Joy and Health: Wendy Kohatsu
	12:15-1:45 p.m.	Lunch / Exhibitor Hall
	1:45-2:45 p.m.	Concurrent Experimentals Drumming as an Intervention for Wellbeing and Burnout: Andrew Ecker Healing BIPOC communities with Respectful, Decolonized Food Education: Teaching Nutrition in a Complex World : Geeta Maker-Clark Culinary Experience: Flavorama -- Blending Flavor, Joy and Health: Wendy Kohatsu
0.75 0.75	2:45-3:15 p.m.	Break / Exhibitor Hall
	3:15-4:00 p.m.	Concurrent with Q&A Delia Chiramonte: Joyful Palliative Care: A Humanistic Approach to Connecting with Seriously Ill Patients, Their Families, and Yourself Pediatrics: Ann Ming Yeh: Functional GI Problems in Children Special Topics: George Schatz: Long Covid
	4:00-4:15 p.m.	Break
	4:15-5:00 p.m.	Concurrent with Q&A Women's Health: Anne Kennard: PCOS Approaches Pediatrics: Donna Kirchoff: An Integrative Approach to Anxiety in Children and Adolescents Special Topics: Apple Bodemer: Approaches to Alopecia

Friday, April 26, 2024		
CME		
0.5 0.75 1 1	8:00-9:00 a.m.	Breakfast on Your Own / Exhibitor Hall
	9:00-9:15 a.m.	Introduction to the Day:
	9:15-9:45 a.m.	Plenary 3: Andrew Weil: What Were We Thinking: Medical Blunders of the Recent Past
	9:45-10:30 a.m.	Plenary 4: Julian Thayer: Vagus Nerve Stimulation for Pain
	10:30-11:00 a.m.	Break / Exhibitor Hall
0.75	11:00-12:00 p.m.	Concurrent Experientials Releasing Personal and Communal Grief: Ann Marie Chiasson Herbal Medicine Workshop: Lise Alschuler Preparation of Fermented Foods for Wellness: Ann Ming Yeh, Kaylie Nguyen Culinary Experience: The Role of Spices in Health and Wellness: Akil Palanisamy
	12:00-1:30 p.m.	Lunch / Exhibitor Hall
	1:30-2:30 p.m.	Concurrent Experientials Releasing Personal and Communal Grief: Ann Marie Chiasson Herbal Medicine Workshop: Lise Alschuler Preparation of Fermented Foods for Wellness: Ann Ming Yeh, Kaylie Nguyen Culinary Experience: The Role of Spices in Health and Wellness: Akil Palanisamy
	2:30-3:00 p.m.	Break / Exhibitor Hall
	3:00-3:45 p.m.	Concurrents with Q&A Tori Hudson: Bioidentical Hormones Update <i>(Nonaccredited Session)</i> David Victorson: Nature Nurtures: How Nature Impacts Human Health Outcomes Vi Nguyễn: Climate Change Activism for Healthcare Professionals
0.75	3:45-4:00 p.m.	Break
	4:00-4:45 p.m.	Plenary 5: Satchin Panda: Circadian Code (from Salk Institute)
	4:45-5:00 p.m.	Closing