

## ***Complementary & Integrative Medicine Program Schedule***

Thursday, July 09, 2015	
	Theme: Modalities
6:30 a.m.	Registration, Breakfast
7:30 a.m.	Welcome Remarks
7:45 a.m.	Case Discussions <i>Brent A. Bauer, M.D. (wellness), Anjali Bhagra, M.B.B.S. (serious condition), Tony Y. Chon, M.D.(chronic pain)</i>
8:15 a.m.	What is Mind-Body Medicine? <i>Anjali Bhagra, M.B.B.S.</i>
8:45 a.m.	Nutrition – Updates in Dietary Pattern Controversies <i>Heather E. Fields, M.D.</i>
9:15 a.m.	Rational Approach to Dietary Supplements <i>Brent A. Bauer, M.D.</i>
9:45 a.m.	Question & Answer
10:00 a.m.	Break
10:15 a.m.	All About Acupuncture <i>Peter T. Dorsher, M.D.</i>
10:45 a.m.	All About Massage Therapy <i>Susanne M. Cutshall, A.P.R.N., C.N.S., D.N.P.</i>
11:15 a.m.	All About Tai Chi and Qi Gong <i>Alexander Do, L.Ac.</i>
11:45 a.m.	Question & Answer
12:00 p.m.	Adjourn
4:30-7:00 p.m.	Pre-dinner Cocktail (Wine and Cheese) + Summer Dinner Celebration

**Friday, July 10, 2015**

	<b>Theme: Integration</b>
6:00 a.m.	Yoga/Meditation/Tai Chi (optional) <i>Yoga led by Barbara S. Thomley</i> <i>Tai Chi led by Alexander Do</i>
6:30 a.m.	Breakfast
7:30 a.m.	Integrative Medicine in Cancer Care <i>Denise M. Millstine, M.D.</i>
8:00 a.m.	Integrative Medicine for Headaches <i>Robert D. Sheeler, M.D.</i>
8:30 a.m.	Integrative Medicine for Obesity <i>Ryan T. Hurt, M.D., Ph.D.</i>
9:00 a.m.	Integrative Medicine for Chronic Pain <i>Kevin C. Fleming, M.D.</i>
9:30 a.m.	Question & Answer Session
9:45 a.m.	Break
10:00 a.m.	Integrative Medicine for Diabetes Mellitus <i>Anjali Bhagra, M.B.B.S.</i>
10:30 a.m.	Integrative Medicine for Women's Health <i>Richa Sood, M.D.</i>
11:00 a.m.	Case Discussions <i>Brent A. Bauer, M.D.; Anjali Bhagra, M.B.B.S.; Tony Y. Chon, M.D.</i>
12:30 p.m.	Lunch & Keynote Speaker: Neuroscience of Meditation <i>Judson Brewer, M.D., Ph.D.</i>
1:30-2:30 p.m.	Presentation and Discussion: Providing Integrative Medicine to the Underserved Population on a Limited Budget <i>Mark Lee, M.D.; Alisha Parada, M.D.; Arti Prasad, M.D.</i> <i>Faculty of the University of New Mexico Medical Center</i>
2:30 p.m.	Adjourn

**Saturday, July 11, 2015**

	<b>Theme: Application</b>
6:00 a.m.	Yoga/Meditation/Tai Chi (optional) <i>Yoga led by Barbara S. Thomley</i> <i>Tai Chi led by Alexander Do</i>
6:30 a.m.	Breakfast
7:30 a.m.	Mind-Body Medicine (SMART) <i>Amit Sood, M.D.</i>
8:45 a.m.	Break
9:00 a.m.	Meet the Providers: Acupuncture; Massage; Biofeedback; Aromatherapy; Animal-Assisted Therapy; Music Therapy <i>Jessica M. Borg; Liza J. Dion; Alexander Do, L.Ac.; Amber E. Hammes; Jennifer L. Hauschulz; Crystal R. Ristau; Nancy J. Rodgers; Susan J. Veleber, L.Ac.; Molly J. Mallory, L.Ac.; Barbara S. Thomley; Susanne M. Cutshall, A.P.R.N., C.N.S., D.N.P., Christina Wood</i>
10:15 a.m.	Break
10:30 a.m.	Cooking Demonstration: 3 Easy Meals with Similar Ingredients <i>Jennifer A. Welper, Executive Chef of Mayo Clinic Healthy Living Program</i>
11:45 a.m.	Break
12:00 p.m.	Lunch & Keynote Speaker: Flow to Prevent Burnout and Enhance Happiness <i>Mihaly Csikszentmihalyi, Ph.D.</i>
1:00 p.m.	Take home messages and Adjourn