

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

March 7-9, 2024

JW Marriott Orlando Bonnet Creek

WIFI username:

WIFI password:

THURSDAY MARCH 7, 2024	
12:00 PM ET	Registration
INTEGRATIVE MEDICINE 101	
12:30 PM	Overview of Integrative Medicine <i>Denise Millstine, MD</i>
1:00 PM	Principles of Acupuncture <i>Tony Chon, MD</i>
1:30 PM	Manual Therapies <i>Brent Bauer, MD</i>
2:00 PM	Q&A Panel
2:15 PM	Break
2:30 PM	Mind-Body <i>Sarah Stinson, MS, LPC, LPCC</i>
3:00 PM	Supplements <i>Heather Fields, MD</i>
3:30 PM	A Career as an IMH Physician <i>Larry Bergstrom, MD</i>
4:00 PM	Q&A Panel
4:15 PM	Break
4:45 PM	Keynote Lecture/Q&A: A 102-Year-Old Doctor's 6 Secrets to Health and Happiness at Every Age <i>Gladys McGarey, MD</i>
5:45 PM	Adjourn
6:00 – 7:00 PM	Welcome Reception (Non-CME)

To ask questions join at:

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FRIDAY MARCH 8, 2024	
7:00 AM ET	Breakfast/Yoga Session
CLINICAL IMH, PAIN, & ACUPUNCTURE	
8:00 AM	Integrative Oncology <i>Kristina 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
9:45 AM	Break
10:00 AM	Non-Pharmacologic Pain Management <i>Jon Tilburt, MD</i>
11:00 AM	Acupuncture for Specific Symptoms <i>Debbie Elam, PhD, LAc</i>
11:30 AM	Q&A Panel
11:45 AM	Break
12:00 PM	Keynote Lecture/Q&A: Cancer and Acupuncture <i>Jun Mao, MD</i>
1:00 PM	Adjourn

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SATURDAY MARCH 9, 2024	
7:00 AM ET	Breakfast/Tai Chi Session
MINDFULNESS, LIFESTYLE, NUTRITION, & HEALTH COACHING	
8:00 AM	Mindfulness for Living Your Best Life <i>Adam Perlman, MD</i>
8:45 AM	Nutrition <i>Lisa Mejia, RDN, LD/N</i>
9:15 AM	Q&A Panel
9:30 AM	Break
9:45 AM	Lifestyle Medicine <i>Dawn Mussallem, MD</i>
10:30 AM	Health & Wellness Coaching <i>Kristin Vickers, PhD, LP</i>
11:00 AM	Q&A Panel
11:15 AM	Break
11:30 AM	Keynote Lecture/Q&A: Fasting <i>Valter Longo, MD</i>
12:30 PM	Closing Remarks/Adjourn

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