

**UPMC Central Pennsylvania Region Physician Thrive Committee**  
**Annual Well-Being Symposium**  
**Saturday November 5, 2022, 7:30 am – 1:30 pm**  
**Brady Auditorium- Harrisburg Campus**  
**And via Teams**

**AGENDA:**

- 7:30-7:45 am Update on UPMC Physician Thrive- Dr. Jennifer Berliner - **Clinical Assistant Professor at the University of Pittsburgh Medical Center, the Director of Physician Well-Being and the Co-Chair of UPMC Physician THRIVE, Pittsburgh, PA**
- 7:45-8:15 am Welcome by UPMC Central Pa leaders- Dr. John Goldman - **Vice President of Medical Affairs UPMC Harrisburg, Community Osteopathic, West Shore UPMC Associate Designated Institutional Official UPMC Central Pa Epidemiologist, Harrisburg, PA**
- 8:15 -8:45 am Lifestyle Medicine-Dr. Michelle Thompson - **DO, AOBFP, ABOIM, DipABLM, FACLM Vice Chief of Staff UPMC Horizon & Jameson Medical Director UPMC Lifestyle Medicine Institute, Physician Thrive Champion and Wellness Committee, Clinical Assistant Professor of Family Medicine University of Pittsburgh School of Medicine, Pittsburgh, PA**
- 8:45-9:45 am Update on Life Solutions- Interactive Screening Program to Attending Physicians Vicky Deans, **LCSW/ Clinical Manager Program Manager/Physician Assistance Program Resident and Fellow Assistance Program, Pittsburgh, PA**
- 9:45-10:15 am Debt reduction strategies and wealth development strategies for physicians - Dr. Christopher Scheid, **DO, MBA, CPE, FAAFP UPMC Lititz, Program Director Family Medicine Residency, Lititz, PA**
- 10:15-10:30 am BREAK
- 10:30 -11:00 am Exercise is Medicine! How to develop your own exercise program- Dr. Mark Lavelle- **Regional Medical Director, Central PA Region, UPMC, Lemoyne, PA Faculty, UPMC Pinnacle Sports Medicine Fellowship, Harrisburg, PA Adjunct Clinical Associate Professor, Drexel University, College of Medicine, Dept of Family, Community & Preventative Medicine, Philadelphia, PA Chairman, USA Weightlifting Sports Medicine Society, Colorado Springs, CO Member, International Weightlifting Federation, Executive Medical Committee, Lausanne, Switzerland- Harrisburg, PA**

11:00-11:30 am	Medical Education is not a Bully Pulpit: Bullying in Residency Training- Dr. Michael Asken <b>Senior Organizational Performance Consultant Department of Surgery UPMC Pinnacle Hospitals, Harrisburg PA</b>
11:30-12:00 pm	Women Physician Resource Group update- Dr. Danielle Ladie , <b>Transplant and Hepatobiliary surgeon here at UPMC Central PA, Vice Chair of the Department of Surgery at UPMC Pinnacle Hospitals, Chair of Women Physician Resource Group, Harrisburg, PA</b>
12:00- 12:30 pm	PJ time with EHR optimization Dr. Salim Saiyed <b>Vice President, Chief Medical Information Officer at UPMC Central PA, Harrisburg, PA</b>
12:30 pm:	Wrap-Up Dr. Lindsay Papachristou, <b>Chair of Physician Thrive Committee, UPMC Pinnacle, Member of the Department of Emergency Medicine, Harrisburg, PA</b>
12:30-1:30 pm	Meditation Session (No CME credit awarded)- Dr. Jay Thimmapuram
1:30 pm	Adjournment

### **Accreditation and credit designation**

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

#### Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 3.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

### **Faculty Disclosure**

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