



# Scientific Day

## *Well-Being for Health Care Providers*

Friday, May 19, 2023  
9:00am - 3:00pm

### AGENDA

9:00am	Registration Continental Breakfast, Exhibits, Posters	Lobby Parlor C/D
9:30am	Welcome and Introduction, John Six, M.D.	Parlor B
9:35am - 9:50am	Framing the Day and Initiatives at WHS, Caitlin Matthis, D.O.	Parlor B
9:50am - 10:35am	<i>System Wellness: The Cost of Burnout in Health Care</i> Caitlin Matthis, D.O.	Parlor B
10:35am - 10:40am	In-Room Mental Break	Parlor B
10:40am - 11:25am	<i>Culture of Medicine: Helpless and Heartbroken Healthcare Heroes</i> Mindy Hutchinson, M.D.	Parlor B
11:25am - 11:35am	Break, Exhibits, Posters	Parlor C/D
11:35am - 12:20pm	<i>Individual Wellness: Dietary Patterns and Whole-Body Health</i> Natalie Gentile, M.D.	Parlor B
12:20pm - 1:20pm	Lunch Exhibits, Posters	Lobby, Parlor A Parlor C/D
1:20pm - 2:05pm	<i>System Wellness: Mental Health Stigma in Credentialing &amp; Licensing</i> Desiree Yetter, D.O.	Parlor B
2:05pm - 2:15pm	Break, Exhibits, Posters	Parlor C/D
2:15pm - 3:00pm	<i>Individual Wellness: Emotional Toolkit</i> Daniel Holt, M.D.	Parlor B
3:00pm	Concluding Remarks & Adjournment, John Six, M.D.	Parlor B