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|------------|------------------|---------------|----------------------------|---|------------------|---|
| <b>CME</b> | <b>Workshops</b> | <b>Social</b> | <b>Practice Management</b> | <b>Wellness</b>  | <b>Symposium</b> |  <b>Recorded</b> |
|------------|------------------|---------------|----------------------------|---|------------------|---|

| SUNDAY, JUNE 8  |   |
|---|---|
|   | Prefunction – Lighthouse Cove Event Center (rear of hotel)  |
| 10 am   | Registration opens  |
| 11 am – 12 pm   | <b>Keynote: Cybersecurity for Healthcare (Former FBI and Intelligence) PS</b><br>John Iannarelli (FBI Ret.) CSP   |
| 12 – 12:45 pm   | <b>Hyperlipidemia Update PS</b><br>Seamus Paul Whelton, MD, MPH, Johns Hopkins Medicine   |
| 12:45 – 1:15 pm<br><b>EXHIBIT AND REFRESHMENT BREAK</b>   |   |
| 1:15 – 2:15 pm  | <b>Once Weekly Insulin – What You Need to Know PS</b><br>Jay Shubbrook, DO, Touro University, CA  |
| 2:15 – 3:15 pm  | <b>Engaging Families in Behavioral Health Services PS</b> <br>James Waxmonsky, MD, Penn State Health |
| 3:15 – 3:30 pm<br><b>EXHIBIT AND REFRESHMENT BREAK</b>  |   |
| 3:30 – 4:15 pm  | <b>Name that Lesion PS</b><br>Cameron Glagola, DO, UPMC Williamsport  |
| 4:15 – 5:30 pm  | <b>Leadership Lessons Learned Through the FBI PS</b><br>John Iannarelli (FBI Ret.) CSP  |
| <div>  <div>           6 – 7:30 pm<br/> <b>WELCOME PARTY ON THE BEACH!</b><br/>           Contests, Photo Booth and more!<br/>           Attendees and Guests/Family Members welcome!<br/> <b>\$ Registrant is no charge, see registration form for prices for adult guests and children</b> </div> </div> |   |

# MONDAY, JUNE 9

|  |   |  |
|--|---|--|
| 6– 7 am  | <b>Early riser exercise on the beach</b>   |  |
| 7 am   | Registration Opens  |  |
| 7:30 – 8:15 am   | Exhibitor Meet and Greet Breakfast<br>Enjoy light breakfast with our corporate colleagues and Academy supporters.   |  |
| 7:30 am  | <b>Independent Practice Physicians Breakfast</b>  |  |
| 8 –8:45 am   | <b>Identifying Barriers to Care and Safety for Victims of Domestic Violence PS</b><br>Michelle Hoadley, DO, York PA  |  |
| 8:45 – 9:45 am   | <b>Early Recognition + Earlier Intervention = Slowing the Progression in Mild Cognitive Impairment/Early Alzheimer's PS</b><br>Raymond Scott Turner, PhD, MD, FANA, FAAN                              |  |
| <b>Clinical Didactic</b>   | <b>Workshops</b>  | <b>Practice Management</b>   |
| 9:45 – 10:45 am<br><b>Coping Techniques and Resources for Secondary Trauma and Compassion Fatigue PS</b>  <br>Caitlin Matthis, DO, FAAFP, UPMC Washington and Melissa Clark, MD, Eating Recovery Center  | 9:45 – 11:30 am (w/ break at 10:30)<br><b>Dermoscopy Workshop PS</b><br>Cameron Glagola, DO, UPMC Williamsport  |  |
| 10:45 – 11:15 am <br><b>WELLNESS/ EXHIBIT/REFRESHMENT BREAK</b>   |   |  |
| <b>Clinical Didactic</b>   | <b>Workshops</b>  | <b>Practice Management</b>   |
| 11:15 am – 12 pm<br><b>Future Stars Session PS</b><br><b>Acute Pain Crisis in Sickle Cell Disease - Cases</b><br>Ilham Umar, MD, Sukhjeet Kamboj, MD and Jason Assalita, DO, Wellspan Lebanon<br><br>12 – 1 pm<br><b>Getting Back to Our “Why”: Reclaiming the Joy in Medicine PS</b>  <br>Caitlin Matthis, DO, FAAFP, UPMC Washington and Melissa Clark, MD, Eating Recovery Center | 11:45 am – 12:30 pm<br><b>Take Home OMT Techniques for Daily Usage PS</b><br>Tu Le, DO, St. Luke's Bethlehem Family Medicine  | 10:30 – 11:15 am<br><b>Optimizing Population Health and Quality Metrics</b><br>Juan Perez, DO, Penn State – St. Joseph Family Medicine Residency<br><br>11:15 – 12:15 pm<br><b>How to be Successful in Value-Based Care,</b> Timothy Switaj, MD, Wellspan Health |
| <b>1 pm Lunch w/ Exhibitors - Prefunction Event Center</b>   |   |  |
| <div>  <b>KAYAK AND STAND UP PADDLEBOARD LESSONS AND EXCURSION!</b><br/> <b>(offered Monday and Wednesday afternoons)</b><br/>           No experience necessary. Shuttle provided to the launch area which is only 3 blocks away. A great, relaxing way to spend the afternoon while enjoying the beautiful sights and nature the area has to offer. <b>\$ See registration form for prices.</b> </div>  |   |  |



8:30 – 10:30 pm  
**MOVIE ON THE BEACH**  
**Mufasa: The Lion King**

Bring a chair, blanket or beach towel. Popcorn provided, **No Charge**

## TUESDAY, JUNE 10

6:30 – 7:30 am

### DAYBREAK WITH DOUG (EARLY RISER WELLNESS)

Doug Lentz, MS, CSCS, Certified Exercise Specialist



We'll kick off the morning by including a variety of movements including but not limited to:

- Foot and ankle exercises
- Dynamic Warm-up; Low intensity "Quickness" Drills
- Static and Dynamic Balance movement
- Bodyweight Upper and Lower extremity strengthening exercises (demonstration and rationale behind occlusion training)
- Core Exercises
- Static Stretches

7:30 – 8:30 am

### EXHIBITORS

Coffee will be flowing

8 – 8:45 am

### Resistance Training 101 – Part 1: Basics That You and Your Patients Should Want to Know **PS**

Douglas Lentz, MS, CSCS, Certified Exercise Specialist and Michael Gaudiose, MD

8:45 – 9:45 am

### Recognizing Potential Amyloidosis in Your Patients **PS**

Louis Kuritsky, MD

#### Clinical Didactic

#### Workshops

#### Practice Management

9:45 – 10:45 am

### OMM in Lymphedema: In Office Approach **PS**

Theresa Metanchuk, DO

9:45 – 10:45 am

### Excision/Shave/Punch Biopsies – Part 1 **PS**

Brad Miller, DO and Aaron George, DO, Meritus Health

9:45 – 10:30 am

### Case-Based Coding

10:45 – 11:15 am

### Prefunction Event Center



### WELLNESS/ EXHIBIT/REFRESHMENT BREAK

Doug Lentz, MS, CSCS, Certified Exercise Specialist

Doug's is going to cover a whole range of movements and exercises throughout the conference that can be done anytime. These will include balance, core training, dynamic mobility, simple hip work, range of motion, etc. perfect for you and your patients. No experience necessary, very informal and fun. These exercises will happen in a section of the ballroom after sessions during the breaks. Early morning exercises may be on the beach.

#### Clinical Didactic

#### Workshops

#### Practice Management

11:15 am – 12:15 pm **PS**

### Case Studies in Psychiatry

Daniel Orr, MD, Chester, PA

If you have any case studies or questions please send them no later than May 7th 2025.

12:15 – 1 pm

### LGBTQ+ Care in Primary Care **PS**

D. Scott McCracken, MD, FAWM, Wellspan York



11:15 am – 12 pm

### Excision/Shave/Punch Biopsies – Part 2 **PS**

Brad Miller, DO and Aaron George, DO, Meritus Health

12 – 1:15 pm

### Joint Injections Workshop **PS**

Abby Rhoads, DO, St. Luke's University Health Network  
 Aaron George, DO and Brad Miller, DO, Meritus Health

11:15 am – 12:15 pm

### Malpractice Occurrences

12:15 – 1 pm

### Session TBD

1:15 – 2 pm

**LUNCH**

**The Lila Stein Kroser, MD Memorial Lecture (1:30 – 2 pm) CME**

Are We Listening?

Amber Fedin, DO, FACOFP, FAAFP, Duquesne University College of Osteopathic Medicine, Pittsburgh

**AFTERNOON FREE**



6:30 pm

**TRIVIA TUESDAY!**

Get a team together, or just wing it. A super fun night is planned for all!

Everyone invited. Prizes!! **No Charge**

8 – 8:45 pm

**The Effect of Climate Change on Health PS (snacks and beverages provided)**

D. Scott McCracken, MD, Wellspan York

**WEDNESDAY, JUNE 11**

7:30 am



**Resistance Training 101 – Part 2: Hands-on Resistance and Techniques PS**

Douglas Lentz, MS, CSCS, Certified Exercise Specialist!

**Clinical Didactic**

**Workshops**

**Practice Management**

8:30 – 9:30 am

**Musculoskeletal Care During Pregnancy PS**

Andrew Lutzkanin, MD and Jayson Loeffert, DO, Penn State Health

9:30 – 10:15 am

**Updates in Osteoporosis Screening and Treatment PS**

Anupriya Grover-Wenk, D.O., M.Med.Ed, Jefferson Abington Health

8:30 – 9:30 am

**Pediatric Osteopathic Manipulation Techniques for All Physicians PS**

Theresa Metanchuk, DO

9:30 – 11 am

**Evaluation and Treatment of Chronic Shoulder Pain PS**

T. Grant Phillips, MD, Altoona Family Physicians

9:30 – 10:15 am

**The Future of AI/EMR in Outpatient Practice**

Timothy Switaj, MD, Wellspan Health

10:15 – 10:45 am

**WELLNESS/EXHIBIT/REFRESHMENT BREAK**



Doug will lead the audience in low to moderate intensity series of “Quick Core”

**Clinical Didactic**

**Workshops**

**Practice Management**

10:45 – 11:30 am

**Sports Medicine Whodunit: Victim or Culprit PS**

Jayson Loeffert, DO, Penn State Hershey

11 am – 12:30 pm

**Colposcopy and Endometrial Biopsy Workshop PS**

Richa Sharma, MD, FAAFP, Judy Abu-Brown, MD, FAAFP and Nguyet-Cam Lam, MD, FAAFP, St. Luke's University Health Network

10:45 – 11:45 am

**Healthcare Delivery Models A Panel Discussion of Pros and Cons-Employed, Solo, DPC, Value-Based**

Andrew Lutzkanin, MD, Geoff Monsour, MD, Tiffany Leonard, MD, Timothy Switaj, MD

2 – 4 pm

**Optional Afternoon CME (Remote presentations)**

Thyroid Cancer vs. Nodule PS  
Hep C PS

## OPTIONAL SOCIAL EVENTS

2 – 3:30 pm

### KAYAK AND STAND UP PADDLEBOARD LESSONS AND EXCURSION!

(offered Monday and Wednesday afternoons)



No experience necessary. Shuttle provided to the launch area which is only 3 blocks away. A great, relaxing way to spend the afternoon while enjoying the beautiful sights and nature the area has to offer. **\$ See registration form for prices**

3 pm

### GROUP BIKE RIDE

Who is up for some adventure? Take a guided trail ride through Dewey, Rehoboth and surrounding areas. The ride generally takes 2.5 to 3 hours, is for all levels and ages and leaves from Breakaway Bikes in Dewey (walkable from the hotel or you can drive there.) **See registration form for bike prices, etc.**





### FREE NIGHT TO EXPLORE

**Complimentary shuttle transportation to Rehoboth Beach and back from 5 – 9 pm.**

Looking to have some fun with colleagues or make new friends, multiple sign-up sheets will be at PAFP registration so you can join with others. Restaurants, Sunset Cruise, Miniature Golf, etc. So many things to do and see, you'll have a tough time choosing. 😊

## THURSDAY, JUNE 12

|                  |   |
|------------------|---|
|                  | <b>Breakfast on your own (included in the room rate)</b>  |
| 8:30 – 9:30 am   | <b>Travel and Immigration Immunizations PS</b> <br>William Sonnenberg, MD, Titusville, PA  |
| 9:30 – 10:30 am  | <b>Improving Migraine Management PS</b><br>Wynde Cheeck, DO, Helena, MT   |
| 10:30 am         | <b>Check-out break (Refreshments)</b>   |
| 10:45 – 11:30 am | <b>Lifestyle Medicine Overview – The Six Pillars PS</b><br>Christine Degnon, MD, Lewes, DE  |
| 11:30 – 12:30 pm | <b>Changes in the Mental Health of Women as they Transition from Perimenopause to Menopause PS</b> <br>Anupriya Grover-Wenk, D.O., M.Med.Ed, Jefferson Abington Health |
| 12:30 – 1:15 pm  | <b>Obesity and Weight Loss Drugs - Combining Meds with Lifestyle Changes for Optimum Weight Loss Outcomes PS</b><br>Christine Degnon, MD, Lewes, DE   |
| 1:15 pm          | <b>Closing Remarks and Drawings</b>   |

- Application has been submitted to the AAFP. Determination of credit is pending.
- The program is co-sponsored by the Philadelphia College of Osteopathic Medicine.

### Upcoming PAFP CME and other events:

- **Procedures Day, Penn Medicine Lancaster General, Lancaster, PA – September 13, 2025**
- **Fall FM Essentials Summit, Sheraton Station Square, Pittsburgh – October 25, 2025**
- **2026 Spring CONNECT Conference, (Essentials Summit, ABM, Research Day and Excellence in FM Reception), April 3 – 4, 2026, Windcreek Bethlehem**