

Summer SEA-M-E Conference
June 7 – 11, 2026
Hyatt Place Dewey Beach

Faculty Disclosure - All faculty participating in this continuing medical education activity are expected to disclose any real or apparent conflict(s) of interest related to the content of their presentation(s). Full disclosure of faculty relationships will be made at the activity. Any reported conflicts of interest were cleared prior to this event.

CME	Workshops	Social	Practice Management	Wellness 	Symposium	® Recorded (TBD)
SUNDAY, JUNE 7						
		Prefunction – Lighthouse Cove Event Center (rear of hotel)				
10 am		Registration opens				
11 am – 11:45 am		Opening lunch session Pa. Primary Care Spend Study Results Mary Jo Condon, MPPA and j, Freedman Healthcare Reporting on new Pennsylvania-specific findings comparing commercial and Medicare fee-for-service reimbursement rates for a focused set of primary care services.				
11:45 am – 12:45 pm		The Culture and Leadership Shift – How Culture and Leadership Impact Well-Being PS Caitlin Matthis, DO, FAAFP, UPMC Washington				
12:45 – 1:15 pm EXHIBIT AND REFRESHMENT BREAK						
1:15 – 2 pm		Hormonal Treatment for Post-Menopausal Women PS Anupriya Grover-Wenk, DO, Sidney Kimmel Medical College at Thomas Jefferson University, Philadelphia, PA				
2- 3 pm		Trauma Informed Care PS Ramnarine Boodoo, MBBS, Penn State Health, Hershey PA				
3 – 3:30 pm EXHIBIT AND REFRESHMENT BREAK						
3:30 – 4:15 pm		Medical Ingredient Detective: Helping Patients Navigate Ultra-Processed Foods and Deceptive Marketing PS Kenneth M. Lankin, MD, MBA, MPH, Jefferson Health, Philadelphia, PA				
4:15 – 4:45 pm		What Can You Still Do With Aspirin? PS Joshua Steinberg, MD, UHS Wilson Family Medicine Residency, Johnson City, NY				



5 pm
WELCOME PARTY ON THE BEACH!
 Contests, Photo Booth and more!
 Attendees and Guests/Family Members welcome!

MONDAY, JUNE 8

6:30 – 7:30 am 
Sunrise ‘all levels’ yoga on the beach
 What can be more relaxing than yoga in the early morning on the beach. No experience necessary

7:30 am
Registration Opens

7:30 am
Independent Practice Physicians Breakfast

8 – 8:30 am
Exhibitor Meet and Greet Breakfast
 Enjoy light breakfast with our corporate colleagues and Academy supporters.

8:30 – 9 am **Pneumonia Update PS**
 Joshua Steinberg, MD, UHS Wilson Family Medicine Residency, Johnson City, NY

8:45 – 9:45 am **Practical Strategies to Navigate Obesity Management in Primary Care PS**

Clinical Didactic	Workshops	Practice Management
10 – 10:30 am Cardiomyopathy Update PS Jeff Zlotnick, MD, FAAFP, Tower Health, Reading, PA 10 – 10:30 am Biologics for Dermatologic Conditions Cameron Glagola, DO, UPMC Williamsport	10 – 11:15 am (w/ break at 10:30) POCUS Workshop PS Donald Lee Ours, II, DO UPMC Washington Family Medicine Residency Attendance is limited.	9:45 – 10:30 am Proactive Panel Management Utilizing Patient Segmentation Timothy Switaj, MD, MBA, MHA, Wellspan Health, York

10:30 – 11 am 
WELLNESS/ EXHIBIT/REFRESHMENT BREAK

11 – 11:30 am Osteoporosis Update Anupriya Grover-Wenk, DO, FAAFP, Jefferson Abington Health, Philadelphia 11:30 am – 12:15 pm The Role of Precision Medicine in Primary Care Timothy Switaj, MD, MBA, MHS Wellspan Health, York	11:15 am – 12:30 pm POCUS Workshop Repeated Donald Lee Ours, II, DO UPMC Washington	
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12:30 pm
Lunch w/ Exhibitors

1:30 – 6:30 pm
Sip, Shop and Stroll – A Coastal Adventure
Beer/Wine/Antiques Trail

Discover the charm of the region with our exclusive five-hour Winery, Brewery & Antique Trail! This relaxing experience takes you to three unique stops: a boutique winery for elegant tastings, a craft brewery for bold flavors, and a delightful antique shop brimming with treasures. Enjoy complimentary snacks, bottled water, and a flight of tastings at the winery and brewery. Whether you're savoring a glass of local wine, sampling artisanal brews, or hunting for vintage finds, this tour blends relaxation, flavor, and discovery into one unforgettable afternoon.

The shuttle is limited to 11 passengers, so if Monday fills, we will open up another for Tuesday afternoon, same time.

1:30 – 3:30 pm OR 6 – 8 pm for the Sunset Cruise

Afternoon Shenanigans Tiki Boat Cruise OR Sunset Tiki Boat Cruise – Let the Good Times Float!

Located over at the marina next to the hotel – Good Vibes Tiki Boat Cruises

(A max of 30 people for each time period.)

Escape the ordinary for a two-hour adventure on the water! Picture yourself gliding across the sparkling bay aboard a festive tiki boat, complete with food, music, refreshing beverages, great company and a bathroom! All ages welcome.

TUESDAY, JUNE 9

6:30 – 7:30 am
DAYBREAK WITH DOUG



Doug Lentz, MS, CSCS, Certified Exercise Specialist

Learning Body Weight Exercises

Come ready to have some fun with Doug. You won't be sorry!

Want More Wellness? – During the breaks on Tuesday and Wednesday, Doug is going to cover a whole range of movements and exercises 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 the ballroom after sessions during the breaks. Early AM Exercises may be on the beach.

7:30 – 8:30 am
EXHIBITORS



Coffee will be flowing!

7:30 – 8 am

Exercise Du Jour for you and Your Patients – Doug Lentz

8 – 8:45 am

Prescribing with Confidence: Buprenorphine and Naltrexone in Everyday Family Practice

Bradley Miller, DO, Meritus Health **PS**

8:45 – 9:45 am

From Resistance to Response: Evolving Strategies in MDD Management **PS**

Joseph F. Goldberg, MD, Mt. Sinai School of Medicine, New York, NY

Clinical Didactic	Workshop	Practice Management
9:45 – 10:30 am Avoiding Fault Lines – Clinical Skills to Promote Firearm Safety PS Melissa Clark, MD, Eating Recovery Center and Caitlin Matthis, DO, UPMC Washington	9:45 – 11 am OMT for Overuse Injuries PS Aaron George, DO and Brad Miller, DO, Meritus Health Attendance is limited	9:45 – 10:30 am Case-Based Coding Juan Perez, DO, Penn State St. Joseph Family Residency Program

10:45 – 11:15 am

Prefunction Event Center

EXHIBIT and REFRESHMENT BREAK -WELLNESS TOO

Doug Lentz, MS, CSCS, Certified Exercise Specialist



Clinical Didactic	Workshop	
11:45 – 12:30 Female Infertility PS Nyasha George, MD, Jefferson Health, Philadelphia, PA	11:15 am – 12:30 pm Dermoscopy Workshop PS Cameron Glagola, DO , UPMC Williamsport Trigger Point Injection Workshop Abby Rhoades, DO, St. Luke’s University Health Network (Attendance is limited for both workshops)	

12:30 – 1:30 pm

Lunch Symposium



2 – 3:30 pm

PADDLE INTO ADVENTURE - KAYAK AND STAND UP PADDLEBOARD LESSONS AND EXCURSION! \$

No experience necessary. A great, relaxing way to spend the afternoon while enjoying the beautiful sights the area has to offer.



6:30 pm

Tuesday Tacos and Trivia Challenge (No charge)

Test Your Skill! Get a team together, or just wing it. Enjoy great company, light bites and refreshing drinks while you put your knowledge to the test.

All ages and everyone welcome!

Prizes!!

8 – 8:45 pm	Update on the Effects of Climate Change on Health PS (Snacks and beverages provided) D. Scott McCracken, MD, FAAFP, FAWM, WellSpan Health York
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WEDNESDAY, JUNE 10

7:15 – 8 am



Agility Movement Skills PS

Douglas Lentz, MS, CSCS, Certified Exercise Specialist!

7:30 – 8:30 am



Coffee will be flowing!

EXHIBITORS

Clinical Didactic

Workshop

Interactive

8:30 – 9:15 am

Updates in Postural Tachycardia Syndrome and Dysautonomia for the Primary Care Provider PS

Abby Rhoades, DO, St. Luke's University Health Network

8:45 – 10 am

Pelvic and Sacral Dysfunction (OMT)

Juan Perez, DO, Penn State St. Joseph

(Tentative)

**Situation Room
(Facilitator-led discussions and Q & A)**

10 – 10:45 am

What Every Family Medicine Physician Should Know About Hepatic Encephalopathy

10:45 – 11:15 am

WELLNESS/EXHIBIT/REFRESHMENT BREAK



(Wellness exercises will happen in a section of the ballroom)

Clinical Didactic

Workshop

11:15 – 12 pm

Empowering Conversations: Reducing Shame and Blame in Pediatric PS Behavioral Health

Stephanie Harvison, LPC, Penn State Health, Hershey, PA

11:15 am – 12:30 pm

Trigger Point Injections Workshop (repeated)

Abby Rhoades, DO, St. Luke's University Health Network

12 pm – 12:45 pm

Sports Pre Participation Physicals PS

Jason Loeffert, DO, Penn State Health, Hershey, PA

Dermoscopy Workshop Repeated

Cameron Glagola, DO, UPMC Williamsport

12:45 – 1:45 pm

LUNCH and The Lila Stein Kroser, MD Memorial Lecture (1:15 – 1:45 pm) CME

Maria D. Gioia, DO

Medical Director, Forbes Family Medicine

Associate Program Director, Forbes Family Medicine Residency Program

Associate Professor of Clinical Family, Community, and Preventative Medicine, Drexel University College of Medicine

2 – 2:45 pm

Afternoon CME (Webinar presentations)

Ending the Use of Stigmatizing Language and Addictions PS

Dianne Sommer, MD (Tentative)

2:45 – 3:45 pm

Pain Management Assessment and Informed Clinical Decision-Making for Opioid and Nonopioid Medication PS (Meets State mandate)

3:45 – 4:45 pm

Strategies to Enhance Patient-Clinician Communication for Pain Management Care (Meets State mandate)
PS

Paint & Sip – Unleash Your Inner Artist! - 7 pm

Grab a brush, pour a glass (alcohol or non-alcohol), and let your creativity flow! At this no-stress painting session, you'll create your own masterpiece while enjoying refreshments and fun. No experience? No problem! This event's friendly instructor will guide you step-by-step, so you can sip, laugh, and paint the time away and all materials are provided. You will leave with a finished "work of art" to take home.

Seats are limited to 25 people — Reserve yours today and make art with a splash of flavor!

THURSDAY, JUNE 11

7 – 8:15 am

Breakfast on your own

Power Walk Dewey – Energize your morning! – No charge



Step outside with a refreshing power walk through beautiful Dewey! This guided stroll is the perfect way to stretch your legs and breathe in the salty air while connecting with fellow attendees. Whether you're looking to boost your energy, clear your mind, or simply enjoy the outdoors, this invigorating walk is a great way to balance learning with movement.

8:30 – 9:30 am

Diagnosis and Treatment of IBS PS

9:30 – 10:15 am

The State of Generative AI: An Essential Briefing for Family Physicians

Jim Spellos, Meeting U

Refreshment and Check-out Break

10:30 – 11:15 am

Sports Medicine and Physical Therapy....Options and More Options PS

Jason Loeffert, DO, Penn State Hershey

11:45 – 12:30 pm

Generative AI: Evaluating the Good, the Bad and the Ugly...and Putting the Right Tools to Work

Jim Spellos. Meeting U

12:30 – 1:15 pm

Lifestyle Medicine PS

Daniel Chen, MD, FACP, DipABLM, Esperanza Health, Philadelphia, PA

1:15 pm

Closing Remarks and Drawings