

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)
<b>SUNDAY, JUNE 7</b>						
<b>Prefunction – Lighthouse Cove Event Center (rear of hotel)</b>						
10 am	<b>Registration opens</b>					
11 am – 11:45 am	<b>Opening lunch session</b>  <b>Pa. Primary Care Spend Study Results</b> 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	<b>The Culture and Leadership Shift – How Culture and Leadership Impact Well-Being PS</b> Caitlin Matthis, DO, FAAFP, UPMC Washington					
12:45 – 1:15 pm <b>EXHIBIT AND REFRESHMENT BREAK</b>						
1:15 – 2 pm	<b>Hormonal Treatment for Post-Menopausal Women PS</b> Anupriya Grover-Wenk, DO, Sidney Kimmel Medical College at Thomas Jefferson University, Philadelphia, PA					
2- 3 pm	<b>Trauma Informed Care PS</b> Ramnarine Boodoo, MBBS, Penn State Health, Hershey PA					
3 – 3:30 pm <b>EXHIBIT AND REFRESHMENT BREAK</b>						
3:30 – 4:15 pm	<b>Medical Ingredient Detective: Helping Patients Navigate Ultra-Processed Foods and Deceptive Marketing PS</b> Kenneth M. Lankin, MD, MBA, MPH, Jefferson Health, Philadelphia, PA					
4:15 – 5 pm	<b>What Can You Still Do With Aspirin? PS</b> Joshua Steinberg, MD, UHS Wilson Family Medicine Residency, Johnson City, NY					



**5:15 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 – 9 am **Pneumonia Update PS**  
 Joshua Steinberg, MD, UHS Wilson Family Medicine Residency, Johnson City, NY

9 - 10 am **Practical Strategies to Navigate Obesity Management in Primary Care PS**

Clinical Didactic	Workshops	Practice Management
10 – 10:45 am <b>Avoiding Fault Lines – Clinical Skills to Promote Firearm Safety PS</b> Melissa Clark, MD, Eating Recovery Center and Caitlin Matthis, DO, UPMC Washington  10 – 10:45 am <b>The Role of Precision Medicine in Primary Care PS</b> Timothy Switaj, MD, MBA, MHS Wellspan Health	10 – 11:15 am (w/ break at 10:30)  <b>POCUS Workshop PS</b> Donald Lee Ours, II, DO UPMC Washington Family Medicine Residency  <b>Attendance is limited.</b> Sign-up sheet at PAFP Registration desk	

10:45 – 11:15 am  
**WELLNESS/ EXHIBIT/REFRESHMENT BREAK** 

11:15 – 11:45 am <b>Osteoporosis Update PS</b> Anupriya Grover-Wenk, DO, FAFAP, Jefferson Abington Health, Philadelphia	11:15 am – 12:30 pm <b>POCUS Workshop Repeated PS</b> Donald Lee Ours, II, DO UPMC Washington  Sign-up sheet at PAFP Registration desk	11:15 am – 12 pm <b>Proactive Panel Management PS</b> <b>Utilizing Patient Segmentation</b> Timothy Switaj, MD, MBA, MHA, Wellspan Health, York  12 – 12:45 pm <b>RVU’s - Coding and Billing</b> Andrew Lutzkanin, MD, Penn State Hershey
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12:50 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 PS**

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 PS**

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
<p>9:45 – 10:30 am</p> <p><b>Biologics for Dermatologic Conditions PS</b> Cameron Glagola, DO, UPMC Williamsport</p>	<p>9:45 – 11 am</p> <p><b>OMT for Overuse Injuries PS</b> Aaron George, DO and Brad Miller, DO, Meritus Health</p> <p>Attendance is limited</p>	<p>9:45 – 10:30 am</p> <p><b>Case-Based Coding</b> Juan Perez, DO, Penn State St. Joseph Family Residency Program</p>
<p>10:45 – 11:15 am</p> <p><b>Prefunction Event Center</b></p> <p><b>EXHIBIT and REFRESHMENT BREAK -WELLNESS TOO</b> </p> <p>Doug Lentz, MS, CSCS, Certified Exercise Specialist</p>		
Clinical Didactic	Workshop	
<p>11 – 11:45 am</p> <p><b>Cardiomyopathy Update PS</b> Jeff Zlotnick, MD, FAAFP, Tower Health, Reading, PA</p> <p>11:45 am – 12:30 pm</p> <p><b>Female Infertility PS</b> Nyasha George, MD, Jefferson Health, Philadelphia, PA</p>	<p>11:15 am – 12:30 pm</p> <p><b>Dermoscopy Workshop PS</b> Cameron Glagola, DO, UPMC Williamsport</p> <p><b>Trigger Point Injection Workshop PS</b> Abby Rhoades, DO, St. Luke’s University Health Network</p> <p><b>(Attendance is limited for both workshops)</b> Sign-up sheet at PAFP Reg.</p>	<p>11:30 – 12:15 pm</p> <p><b>Things I wish I Knew Coming Out of Residency PS</b> Andrew Lutzkanin, MD, Penn State Hershey</p>
<p>12:30 – 1:30 pm</p> <p><b>Lunch Symposium</b></p>		
<p><b>Afternoon CME</b></p> <p>1:45 – 3:15 pm</p> <p><b>Battlefield Acupuncture</b> Faculty TBD</p>		
<p> 2 – 3:30 pm</p> <p><b>PADDLE INTO ADVENTURE - KAYAK AND STAND UP PADDLEBOARD LESSONS AND EXCURSION! \$</b></p> <p>No experience necessary. A great, relaxing way to spend the afternoon while enjoying the beautiful sights the area has to offer.</p>		
<p>6:30 pm</p> <p><b>Tuesday Tacos and Trivia Challenge (No charge)</b></p> <p>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.</p> <p>All ages and everyone welcome!</p> <p>Prizes!!</p>		
<p>8 – 8:45 pm</p>	<p><b>Update on the Effects of Climate Change on Health PS</b> <b>(Snacks and beverages provided)</b> D. Scott McCracken, MD, FAAFP, FAWM, WellSpan Health, York, PA</p>	



**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) PS**

Juan Perez, DO, Penn State St. Joseph

9:15 – 10:15 am

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

10:15 – 11 am

**What Every Family Medicine Physician Should Know About Hepatic Encephalopathy PS  
Recognition, Differential Diagnosis, Diagnostic Testing, and Appropriate Referral**

David M. Sass, MD, Jefferson Health, Philadelphia, PA

Supported by an independent educational grant from Bausch Health

11 – 11:30 am

**WELLNESS/EXHIBIT/REFRESHMENT BREAK PS**



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

**Clinical Didactic**

**Workshop**

11:30 – 12:15 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) PS**

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

12:15 pm – 1 pm

**Sports Pre-Participation Physicals PS**

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

**Dermoscopy Workshop (Repeated) PS**

Cameron Glagola, DO, UPMC Williamsport

1 – 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

1:45 – 2:15 pm

**Afternoon CME**

**Hepatitis C Update**

D. Scott McCracken, MD, FAAFP, FAWM, WellSpan Health, York, PA

2:15 – 3:15 pm	<b>Pain Management Assessment and Informed Clinical Decision-Making for Opioid and Nonopioid Medication</b> PS (Meets State mandate) Live Webinar
3:15 – 4:15 pm	<b>Strategies to Enhance Patient-Clinician Communication for Pain Management Care</b> (Meets State mandate) Live Webinar 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	<p><b>Breakfast on your own</b></p> <p><b>Power Walk Dewey – Energize your morning! – No charge</b> </p> <p>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.</p>
8:30 – 9:30 am	<p><b>A Primary Care Perspective on the Diagnosis and Treatment of Irritable Bowel Syndrome</b> PS</p> <p>Amy Clouse, MD, Sydney Kimmel Medical College of Thomas Jefferson University, Philadelphia, PA</p> <p>Supported by independent educational grants from Salix Pharmaceuticals and Ironwood</p>
9:30 – 10:15 am	<p><b>The State of Generative AI: An Essential Briefing for Family Physicians</b> PS</p> <p>Jim Spellos, Meeting U</p>
	<b>Refreshment and Check-out Break</b>
10:30 – 11:15 am	<p><b>Sports Medicine and Physical Therapy....Options and More Options</b> PS</p> <p>Jason Loeffert, DO, Penn State Hershey</p>
11:45 – 12:30 pm	<p><b>Generative AI: Evaluating the Good, the Bad and the Ugly...and Putting the Right Tools to Work</b></p> <p>Jim Spellos. Meeting U PS</p>
12:30 – 1:15 pm	<p><b>Lifestyle Medicine</b> PS</p> <p>Daniel Chen, MD, FACP, DipABLM, Esperanza Health, Philadelphia, PA</p>

1:15 pm
<b>Closing Remarks and Drawings</b>