

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 Julia Sledzik, 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	Female Factor Infertility PS Nyasha George, MD, FAAFP, AAHIVS, Jefferson Health, 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 – 5 pm	What Can You Still Do With Aspirin? PS Joshua Steinberg, MD, UHS Wilson Family Medicine Residency, Johnson City, NY					
<div style="display: flex; align-items: center;">  <div style="padding-left: 10px;"> 5:15 pm Welcome Party on the Beach! Contests, Photo Booth and more! Attendees and Guests/Family Members welcome! </div> </div>						

MONDAY, JUNE 8

6:30 – 7:30 am



Sunrise ‘all levels’ yoga on the beach
Featuring Renah Scudlark, Soulfire Collective Yoga

What can be more relaxing than yoga in the early morning on the beach. No experience necessary. If you have a yoga mat, please bring it, otherwise, bring a towel. Water bottle of some sort is optional.

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

Nicholas Pennings, DO, DABOM, MFOMA, FACOFP, FAAFP, Buies Creek, NC

Clinical Didactic

Workshops

Practice Management

10 – 10:45 am

Avoiding Fault Lines – Clinical Skills to Promote Firearm Safety PS

Melissa Clark, MD, Eating Recovery Center and Caitlin Matthis, DO, UPMC Washington

10 – 10:45 am

Whole-Person Care in the Age of Precision Medicine PS

Timothy Switaj, MD, MBA, MHS
Wellspan Health

10 – 11:15 am (w/ break at 10:30)

POCUS Workshop PS

Donald Lee Ours, II, DO and
Nicholas Debiec, DO
UPMC Washington Family Medicine
Residency

Attendance is limited.

Sign-up sheet at PAFP Registration desk

10:45 – 11:15 am

WELLNESS/ EXHIBIT/REFRESHMENT BREAK



Doug Lentz, MS, CSCS, Certified Exercise Specialist is back!

11:15 – 11:45 am

Osteoporosis Update PS

Anupriya Grover-Wenk, DO, FAAFP,
Jefferson Abington Health,
Philadelphia

11:15 am – 12:30 pm

POCUS Workshop Repeated PS

Donald Lee Ours, II, DO and
Nicholas Debiec DO
UPMC Washington Family Medicine
Residency

Sign-up sheet at PAFP Registration desk

11:15 am – 12 pm

Proactive Panel Management PS
Utilizing Patient Segmentation

Timothy Switaj, MD, MBA, MHA,
Wellspan Health, York

12 – 12:45 pm

RVU's - Coding and Billing

Andrew Lutzkanin, MD, FAAFP
Penn State Hershey

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

6:45 – 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. **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!

7:35 – 8 am

Agility Movement Skills – Doug Lentz PS

Doug Lentz MS, CSCS, Certified Exercise Specialist

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 Biologics for Dermatologic Conditions PS Cameron Glagola, DO, UPMC Williamsport	9:45 – 11 am OMT for Overuse Injuries PS Aaron George, DO and Brad Miller, DO, Meritus Health	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 (Quick Core) 

Doug Lentz, MS, CSCS, Certified Exercise Specialist

Clinical Didactic	Workshop	Practice Management
11 – 11:45 am Cardiomyopathy Update PS Jeff Zlotnick, MD, FAAFP, Tower Health, Reading, PA 11:45 am – 12:30 pm Hormonal Treatment for Post-Menopausal Women PS Anupriya Grover-Wenk, DO, Sidney Kimmel Medical College at Thomas Jefferson University, Philadelphia, PA	11:15 am – 12:30 pm Dermoscopy Workshop PS Cameron Glagola, DO, UPMC Williamsport Trigger Point Injection Workshop PS Abby Rhoades, DO, St. Luke’s University Health Network (Attendance is limited for both workshops) Sign-up sheet at PAFP Reg.	11:30 – 12:15 pm Things I wish I Knew Coming Out of Residency PS Andrew Lutzkanin, MD, FAAFP Penn State Hershey

12:30 – 1:30 pm

All registrants are invited to a Lunch Symposium

Enhancing Cancer Detection in Primary Care with The Cologuard Plus™ test and Cancerguard®

This event is not a part of the official Pennsylvania Academy of Family Physician (PAFP) CME Conference. The content of this event and opinions expressed by the presenters are those of the sponsor/presenter and not that of the PAFP.

This event is brought to you by Exact Sciences, now Abbott Cancer Diagnostics

1:45 – 3:45 pm

Battlefield Acupuncture Training - Add a Rapid, Highly Effective Pain Management Skill to Your Practice PS

Songxuan (Song) Zhou-Niemtzow, MD, LAc – Director, The Niemtow Institute for Battlefield & Rapid Acupuncture

Arnyce Pock, MD, MHPE, MACP – Professor of Medicine / Medical Acupuncturist



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. Launch area is a short walk away...about 1000 steps.



6:30 pm

Tuesday 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, PA

WEDNESDAY, JUNE 10

7:15 – 8 am

Posture and Mobility Exercises 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

**To Clear, or Not to Clear? The
Preparticipation Physical Exam Not
Just Rehab: The Role of Physical
Therapy in Sports Medicine PS**

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

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

Exhibit/Refreshment and Wellness 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 Behavioral Health PS**

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

11:30 am – 12:45 pm

**Trigger Point Injections Workshop
(Repeated) PS**

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

12:20 pm – 1:00 pm

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

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

11:30 – 12:45 pm

Dermoscopy Workshop (Repeated) PS

Cameron Glagola, DO, UPMC Williamsport

1:05 – 1:45 pm

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

“The Science of the Scroll: Navigating Social Media Trends and the Supplement Surge in Primary Care”

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

Afternoon CME

1:45 – 2:15 pm

Hepatitis C Update PS

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

2:15 – 3:15 pm

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

3:15 – 4:15 pm

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

5:30 – 6:30 pm

**All registrants are invited to a
Reception Symposium
(No Charge – food and beverages included)**

CRYSVITA® (burosumab-twza): Targeted Treatment for Adults With X-Linked Hypophosphatemia (XLH)

Focus: Patient Cases

Mark E. Nunes, MD

Director of Genetics, Genomics, and Metabolism,
Cure 4 the Kids Foundation, Las Vegas, NV

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This event is brought to you by KyowaKirin

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	A Primary Care Perspective on the Diagnosis and Treatment of Irritable Bowel Syndrome PS Amy Clouse, MD, Sydney Kimmel Medical College of Thomas Jefferson University, Philadelphia, PA <small>Supported by independent educational grants from Salix Pharmaceuticals and Ironwood</small>
9:30 – 10:15 am	The State of Generative AI: An Essential Briefing for Family Physicians PS Jim Spellos, Meeting U, New York
	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
11:15 – 12 pm	Generative AI: Evaluating the Good, the Bad and the Ugly...and Putting the Right Tools to Work Jim Spellos. Meeting U, New York PS
12 – 12:45 pm	Lifestyle Medicine PS Daniel Chen, MD, FACP, DipABLM, Esperanza Health, Philadelphia, PA
1:15 pm Closing Remarks and Drawings	

Application has been filed with the American Academy of Family Physicians. Determination of credit is pending.

This program is co-sponsored by the Philadelphia College of Osteopathic Medicine

Mark your calendar for these upcoming events:

June 26 @ 12 noon – Lunch and Learn Live Webinar - A View From the Other Side: Lessons from Child Welfare for Physicians, Rachel Berger, MD, Pennsylvania Department of Human Services| Office of Children, Youth and Families
April 9 – 10, 2027, Spring CONNECT Conference, Annual Business Meeting, Research Day, The Landing Hotel, Pittsburgh
June 6 – 10, 2027, Summer SEA-M-E Conference, Hyatt Place Dewey Beach