



Thursday, May 10

6:30 am – 7:00 am	Meditative Walk, Walk2Connect
7:00 am – 8:00 am	Registration & Breakfast
8:00 am – 8:05 am	Welcome & Opening Remarks <i>Deborah Saint-Phard, MD</i>
8:05 am – 9:05 am	<u>Keynote Address: The Epidemic of Physician Burnout</u> <i>Kathleen Gibney, PhD</i>
9:05 am – 10:00 am	Ethics, Professionalism and Taking Control of the Burnout Crisis in Health Care <i>Matthew Wynia, MD</i>
10:00 am – 10:30 am	Break
10:30 am – 11:30 am	Relationship-Centered Communication for Healthcare Transformation <i>Patrick Kneeland, MD</i>
11:30 am – 1:00 pm	Lunch – sessions below begin at noon and will conclude by 12:45pm <ul style="list-style-type: none">• Yoga – <i>Katrina Gustafson</i>• Walk2Connect – <i>Jonathon Stalls</i>• Meditation – <i>Cierra McNamara</i>• Nutrition – <i>Amanda Turner, RD</i>
1:00 pm – 2:00 pm	Evidence for Self-Compassion & Strategies for Personal Resilience <i>Doris Gundersen, MD</i>
2:00 pm – 2:45 pm	Breakouts, select one <ul style="list-style-type: none">• <i>Kathleen Gibney, PhD</i>• <i>Doris Gundersen, MD</i>• <i>Patrick Kneeland, MD</i>• <i>Matthew Wynia, MD</i>
3:00 pm – 3:45 pm	Breakouts, select one <ul style="list-style-type: none">• <i>Kathleen Gibney, PhD</i>• <i>Doris Gundersen, MD</i>• <i>Patrick Kneeland, MD</i>• <i>Matthew Wynia, MD</i>
4:30 pm – 6:30 pm	Networking Reception, Maya Restaurant at the Westin Riverfront Resort & Spa



Friday, May 11

6:30 am – 7:00 am	Meditative Walk, Walk2Connect
7:00 am – 8:00 am	Registration & Breakfast
8:00 am – 9:00 am	<u>Plenary Session: Steps Forward</u> <i>Christine Sinsky, MD</i>
9:00 am – 10:00 am	The Reading Cure for Physician Resiliency <i>Abraham Nussbaum, MD</i>
10:00 am – 10:30 am	Break
10:30 am – 11:30 am	Moral Distress, Giving Voice to Values <i>Heather Fitzgerald, RN</i>
11:30 am – 1:00 pm	Lunch – sessions below begin at noon and will conclude by 12:45pm <ul style="list-style-type: none">• Yoga – <i>Katrina Gustafson</i>• Walk2Connect – <i>Jonathon Stalls</i>• Meditation – <i>Cierra McNamara</i>• Nutrition – <i>Amanda Turner, RD</i>
1:00 pm – 1:15 pm	Pearls for Physicians from the Health Insurance Sector <i>Mark Laitos, MD</i>
1:15 pm – 2:15 pm	Panel Discussion <i>Matthew Wynia, MD, Moderator; Will Cook, CEO; Brian Davidson, MD</i>
2:15 pm – 3:00 pm	Breakouts, select one <ul style="list-style-type: none">• Learn to Talk Like a Shrink - <i>Abraham Nussbaum, MD</i>• <i>Heather Fitzgerald, RN</i>• <i>Christine Sinsky, MD</i>• Colorado Medical Society Wellness Toolkit - <i>Debra Parsons, MD</i>
3:15 pm – 4:00 pm	Breakouts, select one <ul style="list-style-type: none">• Learn to Talk Like a Shrink - <i>Abraham Nussbaum, MD</i>• <i>Heather Fitzgerald, RN</i>• <i>Christine Sinsky, MD</i>• Colorado Medical Society Wellness Toolkit - <i>Debra Parsons, MD</i>
4:00 pm – 4:30 pm	Close & Call to Action <i>Deborah Saint-Phard, MD</i>