REGISTRATION

Online registration can be accessed at cme.ahn.org

Click on Courses, then type or scroll down to find AHN Physicians' Wellness Conference 2026 and click on Register.

FEES

Attending physician: $200
Residents, fellows and students: $20

The registration fee includes the course materials, continental breakfast, lunch, and break refreshments.

REGISTRANT REFUND POLICY

Eligibility for a registrant refund is based on the following criteria. Please note that all registrants must email the CME department within the specified time frames to be eligible for a refund. Registrants who notify the CME department between August 28 and September 11 will receive a 50% refund. No refunds will be issued on or after September 12.

On or before August 27	100% Refund
August 28 - September 11	50% Refund
September 12 onward	No Refund

Discounted conference room rates available at The Atterbury Hotel

SCAN CODE FOR DETAILS AND BOOKING

QUESTIONS?

Please contact Samantha Kunvatanagarn in the CME office for more information:
samantha.kunvatanagarn@ahn.org

AHN

ALLEGHENY PROFESSIONAL BUILDING
CME Department
490 East North Avenue, Suite 520
Pittsburgh, PA 15212

AHN

AHN Physicians' Wellness Conference

Friday, September 18, 2026

The Atterbury Hotel
107 6th St, Pittsburgh, PA 15222, United States

PRESENTED BY
AHN Women Physicians' ERG
Allegheny General Hospital
Allegheny County Medical Society

CONFERENCE OVERVIEW

The AHN Physicians' Wellness Conference is a physician-led gathering designed to support the well-being, professional fulfillment, and leadership development of physicians across specialties and career stages. Hosted by Allegheny Health Network, this conference creates a meaningful space for physicians to step away from the demands of clinical practice, reconnect with colleagues, and engage in practical conversations around resilience, health, inclusion, leadership, and career sustainability.

CME ACCREDITATION

Physicians

Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Allegheny General Hospital designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AGENDA

7:30 - 8:30 AM	**Registration and Breakfast**
8:30 - 8:45 AM	**Opening Remarks, Welcome, and Introduction** Prerna Mewawalla, MD
8:45 - 9:45 AM	**Keynote Address: Climate Health Informatics** Chethan Sarabu, MD, FAMIA, FAAP
9:45 - 10:00 AM	**Flexible and Effective Fitness Options for Busy Physicians** Natalie Gentile, MD
10:00 - 10:30 AM	**Nutrition and Wellness for Busy Physicians** Leslie Bonci, MPH, RDN
10:30 - 10:45 AM	**Break**
10:45 - 11:45 AM	**Keynote Address: More Human Than Ever: Leading in the Age of AI, Innovation, and Infinite Connectivity** Rasu Shrestha, MD, MBA
11:45 - 12:30 PM	**Identifying Strengths and Leveraging Leadership Potential** Catherine Baumgardner, PhD, MHA, FACHE
12:30 - 1:30 PM	**Lunch**
1:30 - 2 PM	**Finance Essentials for Physicians** Matt Blocki, CFP, RICP, ChFC
2 - 2.15 PM	**Movement/Relaxation Activities** Natalie Gentile, MD
2:15 - 2:30 PM	**The Importance of Organized Medicine and Physician Wellness** Kirsten Lin, MD
2:30 - 2:45 PM	**Break**
2:45 - 2.55 PM	**Movement/Relaxation Activities** Natalie Gentile, MD
2:55 - 3:35 PM	**Navigating Microaggressions in Medicine** Rebekah Apple, MA, DHSc
3:35 - 3.45 PM	**Closing Remarks and Next Steps** Maria Gioia, DO

COURSE DIRECTORS

Prerna Mewawalla, MD
Director, Stem Cell Transplant and Cellular Therapy, Allegheny Health Network
Associate Professor, Drexel University College of Medicine.
Chair, AHN Women Physician's ERG, Board of Directors, ACMS.

Maria 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
Vice Chair, AHN Women Physicians' ERG

INVITED FACULTY

Chethan Sarabu, MD, FAMIA, FAAP
Director of Clinical Innovation for the Health Tech Hub

Natalie Gentile, MD
Family Medicine, Lifestyle Medicine
Founder, Direct Care Physicians of Pittsburgh
Founder, Rebel Wellness

Leslie Bonci, MPH, RDN
Owner, Active Eating Advice

Rasu Shrestha, MD, MBA
Chief Innovation and Commercialization Officer, Executive Vice President at Advocate Health, Chief Strategy and Transformation Officer, Executive Vice President Atrium Health, Board of Directors, Academy Health, Board of Directors, ML Bio Solutions, BridgeBio

Catherine Baumgardner, PhD, MHA, FACHE
President, Catherine Baumgardner and Associates, Inc.
Teaching Professor, University of Alabama at Birmingham

Rebekah Apple, MA, DHSc
Director, Master of Medical Management Carnegie Mellon University - Heinz College of Information Systems and Public Policy, Healthcare Ethicist/Bioethics Faculty, University of Pittsburgh School of Medicine

Kirsten Lin, MD
Co-founder, Direct Care Physicians of Pittsburgh
President, Allegheny County Medical Society

Matt Blocki, CFP, RICP, ChFC
CEO and Founder, Equilibrium Wealth Advisors

Disclosure of significant relationships with relevant commercial companies.: In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the policy of Allegheny General Hospital, presenters must disclose all relevant financial relationships, which, in the context of their presentation(s), could be perceived as a real or apparent conflict of interest (e.g., ownership of stock, honoraria, or consulting fees). Any identifiable conflicts will be resolved prior to the activity. Any such relationships will be disclosed to the learner prior to the presentation(s).