

ABOUT THE SYMPOSIUM

The UMC Provider Education & Well-Being Symposium isn't your typical medical conference — it's a one-of-a-kind experience designed to **educate, inspire, and recharge**. Built by providers, for providers, this innovative event blends high-quality clinical education with an intentional focus on wellness and connection.

From sunrise stretching to evidence-based CME sessions, hands-on nutrition and lifestyle medicine workshops, and a calming lounge for mental resets, every detail is thoughtfully curated to support **professional growth and personal renewal**. You'll walk away with practical tools to improve patient care — and your own well-being.

Expect a day that's informative, restorative, and unlike any other. Because fighting burnout doesn't start with a lecture — it starts with community, compassion, and a reminder of why we do this work in the first place

SYMPOSIUM OBJECTIVES

1. Reflect on the personal and professional motivations that drive purpose and fulfillment in medicine, with an emphasis on cultivating physician well-being and career longevity.
2. Apply updated clinical guidelines and practical strategies in the management of pulmonary and cardiovascular conditions relevant to primary care settings.

Integrate a multidisciplinary approach to obesity

3. treatment by incorporating perspectives from internal medicine, bariatric surgery, nutrition, and exercise physiology.

Enhance primary care management of endocrine-related

4. conditions, including the evaluation and referral criteria for adrenal incidentalomas.

Strengthen outpatient antimicrobial stewardship

5. practices and support evidence-based decision-making in antibiotic prescribing for ambulatory care.

Incorporate lifestyle medicine principles — including

6. nutrition, tobacco cessation, and integrative approaches — into everyday primary care, to support the prevention and treatment of chronic disease.

Promote personal and professional growth by addressing

7. provider burnout, fostering resilience, and exploring strategies to enhance overall clinician well-being and work-life integration.

SCHEDULE

7 - 7:30AM	Sunrise Stretch: A Calm & Energizing Start (Optional - No CME Provided)
7:30 - 8AM	Registration Opens & Breakfast
8 - 8:10AM	Opening Remarks - Jessica Gray, MD, FAAFP, Course Director
8:10 - 9:10AM	My Why in Medicine So Far - Sarah Wakefield, MD, Keynote Speaker, Assoc. Professor & Chair, Dept. of Psychiatry
9:10 - 10:10AM	From Wheeze to Ease: Practical Pulmonary Care for Primary Care Providers - Kenneth Iwuji, MD, TTUHSC Pulmonology
10:10 - 10:30AM	Mid-Morning Break
10:30 - 11:30AM	Cardiovascular Disease Prevention - Leigh Ann Jenkins, MD, Interventional Cardiology, Director of CVICU/CICU, Cardiology Fellowship Program Director, Full Professor, TTUHSC
11:30 - 12:30PM	Beyond the Scale: Multidisciplinary Approaches to Obesity Care - Ann Bass, MD, ABOM, UMC Physicians; Erika Radford, MD, ABOM, Assoc. Director TTU Student Health Clinic; Vinay Goyal, MD, Asst. Professor of Surgery, Bariatrics; Ezekiel Nino, Exercise Physiologist, UMC Connect Bariatrics Medical Fitness Program Lead
12:30 - 1:15PM	Lunch & Exhibits
1:15 - 2:15PM	Managing Adrenal Incidentalomas: A Guide for Primary Care - Mohamad "Moe" Sidani, MD, Asst. Professor of Surgery, Endocrine Surgery, TTUHSC
2:15 - 2:30PM	Mid-Afternoon Break
2:30 - 3:30PM	Breakout Session 1 Session A: Antimicrobial Stewardship - Jacob Nichols, MD, Dept. of Internal Medicine, Infectious Disease Division, TTUHSC Session B: Bridging Conventional & Integrative Medicine: A Primary Care Q&A - Karla Daniele, MD, UMC Integrative Medicine, UMC Cancer Center; Taylor Warmoth, MD, Rheumatology, Arthritis & Osteoporosis Associates
3:30 - 4:30PM	Breakout Session 2 Session A: Quitting for Good: Compassionate, Evidence-Based Approaches to Tobacco Cessation - Sarah Tello, APRN, FNP-C, TTUHSC - Smoking Cessation & Tobacco Treatment Program Session B: Nutrition Rx: Practical Nutrition for Clinicians & Patients - Samantha Jackson, MS, RD, CSOWM, LD; Jordan Robinson, MS, RD, CSO, LD
4:30PM	Closing Remarks
4:35PM	Dismissal
5 - 6PM	Networking Happy Hour (Optional - No CME Provided)



REGISTRATION INFORMATION

Scan the QR code
to register online



EARLY REGISTRATION

OPENS JUNE 1

Physician Registration Fee	\$200
APP Registration Fee	\$100
Virtual Registration Fee	\$75
NP/PA/MD/DO Student Fee	\$50

LATE REGISTRATION

OPENS JULY 22

Physician Registration Fee	\$250
APP Registration Fee	\$150
Virtual Registration Fee	\$100
NP/PA/MD/DO Student Fee	\$70

CANCELLATIONS

Notification of cancellation must be received in writing by August 8, 2025 to obtain a refund; thereafter no refunds will be made. **A \$25 administrative fee will be retained from all cancellations.**

ACCOMMODATIONS

Persons with disabilities who may need auxiliary aids or services must be submitted with online registration so that appropriate arrangements can be made, if any. If a written request is not received at least one week prior to the program date, individuals are responsible to hire and pay for their own auxiliary aids or services.

Note: Texas Tech University Health Sciences Center reserves the right to cancel this conference or make speaker substitutions in the event of unforeseen or extenuating circumstances.



ACCREDITATION

In support of improving patient care, this activity has been planned and implemented by TTUHSC and UMC Health System. TTUHSC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCM), the Accreditation for Physician Assistant (AAPA), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



CREDIT DESIGNATIONS

This activity was planned by and for the healthcare team, and learners will receive **Seven (7) Interprofessional Continuing Education (IPCE) credits for learning and change.**

Physicians: TTUHSC designates this live activity for a *maximum of 7 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Registered Nurses: TTUHSC designates this activity for *7 Nursing contact hours*. Nurses should only claim credit commensurate with the extent of their participation in the activity.



Physician Assistants: TTUHSC has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for *7 AAPA Category 1 CME credits*. PAs should only claim credit commensurate with the extent of their participation.

PLANNING COMMITTEE

JESSICA GRAY, MD, FAAFP
Course Director, Wellness Committee Chair

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ANA CORDON-JUAREZ, MD

SHABRE' WILSON
Program Coordinator- Office of Accredited Interprofessional Continuing Medical Education, TTUHSC

We encourage attendees to dress comfortably and casually to support relaxation and full participation in our wellness-focused programming. Whether you're joining us for sunrise stretching or taking part in mindfulness and movement breaks, we want you to feel at ease. Think smart casual—with a focus on comfort and mobility.

If you have any questions regarding this conference, contact the
TTUHSC Office of Accredited Interprofessional Continuing Medical Education:
Phone: 806.743.2929 • **Fax:** 806.743.2934
Email: CME@TTUHSC.edu



3RD ANNUAL UMC PROVIDER EDUCATION AND WELL-BEING SYMPOSIUM 2025

**FRIDAY,
AUGUST 22, 2025**

**Academic Event Center, Texas Tech
University Health Sciences Center
3601 4TH St, Lubbock, TX 79430**



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