



North Carolina  
Osteopathic  
Medical Association

## NCOMA Physician Wellness Summit

*Reconnect and Reinvigorate Your Purpose in Medicine*

### Agenda

March 2, 2019

7:00 am – 8:00 am	Registration and Continental Breakfast
8:00 am – 9:00 am	Part 1: Physician Wellness: The Challenge is Real Samantha Long, MS, OMS IV
9:00 am – 10:00 am	Part 2: Addressing the Generation Gap & Other Differences that May Influence Wellness: Tiffany Lowe Payne, DO
10:00 am – 10:15 am	Break
10:15 am – 11:15 am	Part 3: Addressing Personal Physician Wellness Challenges and the Medical Culture: Robert G.G. Piccinini, DO, DFACN
11:15 am – 12:00 pm	Tuning in to Avoid Burning Out: Daniel Marlowe, Ph.D.
12:00 pm – 1:15 pm	Lunch and NCOMA Member Meeting
1:15 pm – 2:15 pm	<i>Can't We Just Be Well?</i> Clark Gaither, MD FAAFP
2:15 PM – 3:15 PM	Awareness and Prevention of Physician Suicide: Susan Stanton, Ph.D.
3:15 pm – 3:30 pm	Break
3:30 pm – 4:30 pm	OMT for Stress Related Disorders: Anthony Elkins, DO

Total Number of Anticipated Credits: 6.75