

IM4US Conference Schedule Day 1: Thursday

TIME	Activity	All United	Access4All	Mind and Body	Find Your Way	Healthcare & the Environment	Wellness Lounge
11:00 AM - 11:30 AM EST		Visit the Virtual Exhibit Hall					Tai Chi and Qigong with John Burns
11:30 AM - 12:00 PM EST	<i>Welcoming and Opening Ceremony</i>						<i>Welcoming and Opening Ceremony</i>
12:00 PM - 1:30 PM EST	Workshop	Transitioning your Integrative Medical Group Visits Online; Using Video and Telehealth		Accessible Therapeutic and Culinary Herbs from the Garden	Integrative Pediatric Pain Management: An Interdisciplinary Approach and Curriculum	Intersections of Climate Health and Integrative Approaches: Recognizing Connections, Organizing for Action: A participatory dialogue	Reflective Writing Seminar with Jonathan Han
1:30 PM - 2:00 PM EST	Nutrition Activity	Cooking 4 US with Andrew and Diana Weil					
2:00 PM - 2:30 PM EST	Plenary Panel	Integrative Care Provision in Black and Immigrant Communities During COVID-19					The Nature of Wisconsin: Scenes and Music from our 2021 conference location
2:30 PM - 2:45 PM EST	Intersession Activity	Guided Imagery with Priscilla Abercrombie					
2:45 PM - 3:15 PM EST	<i>Breakout 1</i>		<i>Expanding Access to and Driving Utilization of Comprehensive Pain Care in Medicaid</i>	<i>Better Outcomes Begin with Better Nutrition Assessment</i>	<i>A PATIENT'S JOURNEY: The Care, And Caregivers, That Changed My Life</i>	<i>Hope Redefined: Biological Models for Suicide Prevention</i>	Guided Journey with David Steinhorn
3:15 PM - 3:30 PM EST	Intersession Activity	Breema with Karen Burt-Imira					
3:30 PM - 4:00 PM EST	<i>Breakout 2</i>		<i>Environmental Health Disparities for Underserved Urban Children</i>	<i>Integrative Approaches to Women's Mental Health: Evidence-base and Applications for Underserved Communities</i>	<i>Improving Access to Integrative Medicine in a Rural and Tribal Healthcare Setting</i>	<i>Nothing Extra is Needed: Shifting clinical focus from Illness to Wellness with Breema bodywork, self-care exercises, and the Nine Principles of Harmony</i>	Go to Nothing Extra is Needed for some Breema
4:00 PM - 4:15 PM EST	Intersession Activity	Ben Brown: Three hours of instant sleep					
4:15 PM - 4:45 PM EST	Plenary Panel	COVID-19: Issues, Action, and Diversity in the Global Traditional, Complementary and Integrative Response					Guided Relaxation with Amelia Coffaro
4:45 PM - 5:15 PM EST	Visit the Virtual Exhibit Hall	Exhibitors	Sponsors	Poster Sessions.			Visit Words of Wisdom Poster Session
5:15 PM - 6:00 PM EST	<i>Regional Town Halls</i>		West	East	Central	South/International	Yoga with Emily Murray
6:00 PM - 6:20 PM EST	<i>Closing Remarks with Udaya Thomas</i>						
6:20 pm to 8:00:00 PM EST	These meaningful films are available all 3 days of the conference!!!!!!	A Place to Breathe	Medicating Normal	Words of Wisdom Videos			Watch a fim at your leisure!

IM4US Conference Schedule Day 2: Friday

TIME	Activity	All United	Access4All	Mind and Body	Dimensions of Care	Healing and Sustainability in a Community	Wellness Lounge
11:00 AM - 11:30 AM EST							Reflexology with Lila Mueller
11:30 AM - 12:00 PM EST	Opening and Keynote	Telehealth and its Limitations: Increasing health care access during					Reiki with Gail Kapke
12:00 PM - 12:30 PM EST	Breakout 3		Treating Loneliness in Underserved Communities in the times of COVID-19	Research Poster winning presentations.	Caring for the Caregivers: Promoting Wellness Skills in Urban Medical Trainees to Sustain Long-Term Practice	Bringing Integrative Touch to the Bedside: Making a Difference in the Lives of Hospitalized Children	Distant Reiki with Calleen Bohl
12:30 PM - 1:00 PM EST	Nutrition Activity	Cooking 4 US with Wendy Kohatsu					Eat lunch!
1:00 PM - 1:30 PM EST	Breakout 4		<i>Promoting Emotional Resilience in Underserved and Indigenous Communities</i>	<i>Transforming Primary Care with a Preventive Food Pharmacy</i>	<i>Diabetes Prevention Program-Lifestyle Change and decrease in ASCVD risk</i>	<i>Integrative Approaches to Pediatric Chronic Pain in an Urban Safety-Net Hospital: Cost Savings, Clinical Benefits, Safety</i>	Yoga with Ricky Heldt
1:30 PM - 2:15 PM EST	IM4US Subcommittee Meetings	Policy Committee	Education Committee	Membership Committee	Equity, Diversity, Inclusion (EDI) committee		Go for a walk!
2:15 PM - 2:45 PM EST	IM4US A Movement; Let Us March Together with Black Lives Matter	8 Minutes and 46 seconds with Deborah Gracia					Mindfulness and Whole Health with Adam Rindfleisch
2:45 PM - 3:15 PM EST	Break out 5		Using OMT and Integrative Medicine in Primary Care to Minimize Disparities in Concussion Treatment	Operation Food Search's Fresh RX: Nourishing Healthy Start's Fresh Food Prescription Program	How to Approach Mold, Mycotoxins and Indoor Pathogens for Hypersensitive Patients	Creating Community for Families: A Model for Pediatric Healing Retreats	Guided self healing with Kathleen Farah
3:15 PM - 3:30 PM EST	Intersession Activity	Wellness lounge: Bringing Hope in Medicine with Wayne Jonas					Hope Note with Wayne Jonas
3:30 PM - 4:00 PM EST	Plenary Panel	Health Equity and the Essential Worker: From Physiology to Policy					Guided Imagery with Wayne Jonas
4:00 PM - 4:30 PM EST	Break out 6		Flipping Population Health: A novel approach to primary care transformation for the underserved	Virtual Integrative Medicine Visits- the Future is Now	No Donor, No FOHC? No Problem! Pragmatic Pathways to Actualizing Your Integrative Health Vision	Friction to Traction: Lessons Learned from Developing an Academic Pediatric Integrative Medicine Program within an Urban Safety-Net Hospital	Breema with Karen Burt
4:30 PM - 5:00PM EST	Visit Poster sessions	Words of Wisdom	Research Posters	"A Place to Breathe" film	"Medicating Normal" film	Visit the Virtual Exhibit Hall	
5:00 PM - 5:30 PM EST	Meet our Sponsors!						
5:30 PM - 6:00 PM EST	Closing activity with Jeffrey Geller						
8:00 PM - 9:30 PM EST	Virtual Reception : Gather and find connection!	Meet the Makers of IM4US: a group dialogue with key contributors to this amazing organization	Let's try a Kirtan	Dancing with DJ 5 Star			

IM4US Conference Schedule Day 3: Saturday

TIME	Activity	All United	Access4All	Empowerment in Practice	Mind and Body	Transformational Approaches in IM	Wellness Lounge
11:00 AM - 11:30 PM EST	Wellness activity		Visit our Virtual Exhibit Hall				Chakra Meditaion with Rhamba Bhatia
11:30 AM - 12:00 PM EST	Welcome activity	IM4US Board Welcomes you!					Breathing with Sumita Bhatia
12:00 PM - 12:30 PM EST	Plenary Panel	Applying multi-level approaches to address racism and advance integrative health equity					Guided Meditation with Shami Lock
12:30 PM - 1:30 PM EST	Workshops		Integrative Nurse Health Coaching with Mental Health and Addiction Populations	Creating a More Resilient Workforce: Teaching Employers to be "Trauma Informed" and Prioritize Equity	The Medical Cannabis Workshop	Methods for Effective Collaboration with Philanthropists to Meet the Needs of Integrative Health Clinics for Underserved Populations	QiGong with Hansie Wong
1:30 PM - 2:00 PM EST	Nutrition Activity	Cooking 4US with Marin Toscano					Eat some Lunch!
2:00 PM - 3:00 PM EST	Breakout 7		<i>Achieving Community Wellness through Racial Healing</i>	<i>An integrated approach to wellness and chronic pain at a Wisconsin rural community health center</i>	<i>Beyond Stress Management: Cultivating Resilience in Healthcare</i>	<i>A Place To Breathe: Using Documentary Film to Explore Structural Competency and Culturally Responsive Integrative Community Health Care</i>	Pet Parade share your pet with the IM4US world!
3:00 PM - 3:15 PM EST	Intersession Activity	Meet the Wis-conference committee!					
3:15 PM - 3:45 PM EST	Break out 8		Building power with community, and undoing harm: Lessons from a model of nonprofit integrative healing and solidarity	The Gentle Empowering Movement Study – The Development and Implementation of a Mind-Body Intervention to Reduce Symptoms Among Older Adults Aging with HIV	Discussion of "Medicating Normal": A journey to non-pharmacologic treatment for mental well-being	Yoga Therapy: An invitation for transformation in recovery	Yoga with Charity Lackey
3:45 PM - 4:00 PM EST	Intersession Activity	Storytime with Rick Mckinney					
4:00 PM - 5:00 PM EST	Plenary Panel	The Next 10 Years of Integrative Medicine for the Underserved					
5:00 PM - 5:15 PM EST	President's Remarks with Udaya Thomas						
5:15 PM - 5:45 PM EST	Closing ceremony						
5:45 PM - 6:30 PM EST	Good Bye Rooms						

Conference

Key

Key:	Color
CME Activities:	Yellow
Wellness Lounge	Light Green
Intersession Activities	Light Blue
IM4US Community Meetings	Light Grey