



# Program Schedule

8:00 - 8:45am	Check-in and Breakfast - <i>B-Level Lobby</i>
8:45 - 9:00am	Welcome and Opening Remarks - <i>Tamkin Auditorium B-130</i> <ul style="list-style-type: none"><li>❖ <b>Ka-Kit Hui, MD</b> - Founder and Director, UCLA Center for East-West Medicine</li><li>❖ <b>Johnese Spisso, MPA</b> - President of UCLA Health and CEO of UCLA Hospital System</li></ul>
9:00 - 9:50am	<b><i>Opening Keynote: Complementary Health Approaches for Aging and Chronic Musculoskeletal Pain - Tamkin Auditorium B-130</i></b> <ul style="list-style-type: none"><li>❖ <b>Chenchen Wang, MD, MSc</b> - Professor of Medicine and Director of Complementary and Integrative Medicine, Tufts University School of Medicine</li></ul>
9:50 - 10:00am	Break and Rotate
10:00 - 10:50am	<b><i>Workshop Session 1: Maximizing Wellness in Key Life Stages</i></b> <ul style="list-style-type: none"><li>❖ <b>Mindfulness for Kids - Room B-120</b> Rachael Maciasz, MD, Med-Peds - UCLA Center for East-West Medicine, Hospitalist Fellow</li><li>❖ <b>Modern Medicine + Ancient Wisdom to Address the Unique Challenges of Being a Grown-Up - Tamkin Auditorium B-130</b> Nadia Haddad, MD - Assistant Clinical Professor, Department of Psychiatry and Center for East-West Medicine, Founder of Institute of Holistic Psychiatry</li><li>❖ <b>Venturing into Integrative Medicine for Older Adults at LACDMH - Room B-124 A&amp;B</b> Sarah Gelberd, MD, MPH - LA County Department of Mental Health</li></ul>
10:50 - 11:00am	Break and Rotate
11:00 - 11:50am	<b><i>Workshop Session 2: Optimal Living for Everyone</i></b> <ul style="list-style-type: none"><li>❖ <b>Nutrition as We Age - A Path to Longevity - Tamkin Auditorium B-130</b> Zhaoping Li, MD - Professor of Clinical Medicine, Chief of Division of Clinical Nutrition, UCLA</li><li>❖ <b>Hands on Healing: Acupressure as a Self-Care Modality - Room B-120</b> Annie Zhang, MD - Internal Medicine, UCLA Center for East-West Medicine, Hospitalist Fellow</li><li>❖ <b>Introduction and Practice of Taiji and Qi Gong - Room B124 A&amp;B</b> Dr. Ming Dong Li, PhD, LAC, - Tai Chi Master, Professor of Chinese Medicine</li></ul>
12:00 - 1:00pm	Lunch

- 1:00 - 1:50pm** *Post-Lunch Keynote: Promoting Healthy Aging Through Mindfulness Practice: Sleep and Inflammatory Mechanisms - Tamkin Auditorium B-120*
- ❖ **Michael Irwin, MD** - Professor of Medicine at UCLA David Geffen School of Medicine, Director of the Cousins Center for Psychoneuroimmunology and the Mindful Awareness Research Center at the UCLA Semel Institute
- 1:50 - 2:00pm** **Music Break**
- 2:00 - 2:50pm** *Panel: How to Start and Develop Healthy Habits - Tamkin Auditorium B-130*
- ❖ **Sleep Behavior Strategies**  
Jeanne Melvin, OT, OTRL, MFT - UCLA Sleep Medicine Programs
  - ❖ **Mindfulness and Meditation**  
Justin Laube, MD - Assistant Clinical Professor, UCLA Center for East-West Medicine
  - ❖ **Lifestyle and Exercise**  
Matthew Konersman, DPT - UCLA Rehabilitation Services
- 2:50 - 3:00pm** **Break and Rotate**
- 3:00 - 3:50pm** *Workshop Session 3: Promoting Health Across Modalities*
- ❖ **Creative Self-Care through Movement, Music and Art - Room B-120**  
Julia Grace Vishnepolsky, LMHC, R-DMT - Counseling with Arts
  - ❖ **Facial Rejuvenation with TCM - Tamkin Auditorium B-130**  
Yue-Ying Li, MD, LAc - Yo San University
  - ❖ **Tongue Diagnosis and TCM Nutrition - Room B124 A&B**  
Grace Han, LAc - UCLA Center for East-West Medicine
- 3:50 - 4:00pm** **Break and Rotate**
- 4:00 - 4:50pm** *Closing Keynote: Integrative Medicine Is the Most Powerful Medicine: How Can We Make It Better? - Tamkin Auditorium B-130*
- ❖ **Dale Bredesen, MD** - Augustus Rose Professor of Neurology, Director of Mary S. Easton Center for Alzheimer's Disease Research at UCLA, Director of Alzheimer's Disease Program, Director of Neurodegenerative Disease Research at UCLA David Geffen School of Medicine
- 4:50 - 5:00pm** **Raffle Prize Giveaway and Closing Remarks - Tamkin Auditorium B-130**