

WELLNESS SUMMIT

FOR
HEALTHCARE PROFESSIONALS

Hosted by



FOUNDATION
FOR
WELLNESS

3rd Annual WELLNESS SUMMIT

for Healthcare Professionals is an accredited CME event that will take place on May 29 – 31, 2026, at The Grand Hotel in Point Clear, AL.

The agenda will focus on work/life balance, imposter syndrome, navigating change, the elimination of hurry, nutrition, and other well-being topics.

The purpose of this educational event is to focus on real solutions to combat burnout as well as reduce stress and fatigue for healthcare professionals.



EST. 1847
Grand Hotel
GOLF RESORT & SPA

For more information, please contact
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REGISTER HERE!

AGENDA

FRIDAY, MAY 29

- 2:00 – 2:55 PM **Registration**
- 2:55 – 3:00 PM **Welcome**
- 3:00 – 4:00 PM **Thriving - Not Just Surviving During Stressful Change**
Robert John Sawyer, PhD, ABPP-CN
- 4:00 – 4:30 PM **Beginning with Intention: Reflecting on What's Working, What's Not, and What's Next**
Robert John Sawyer, PhD, ABPP-CN
- 4:30 PM **Adjourn**
- 5:00 – 7:00 PM **Welcome Reception**

SATURDAY, MAY 30

- 7:00 – 8:00 AM **Registration & Breakfast**
- 8:00 – 9:15 AM **The Ruthless Elimination of Hurry: Finding Rest and Presence in a Culture of Overload**
Bryan Sibley, MD, FAAP & John Stormont, MD
- 9:15 – 10:15 AM **Imposter Syndrome: What Health Care Professionals Should Know**
Eve Switzer, MD, FAAP
- 10:15 – 10:30 AM **Break**
- 10:30 – 11:30 AM **Reclaiming Well-Being: Frontline Strategies for Purpose, Connection, and Resilience**
Melissa Montgomery, MS, HRM
- 11:30 AM – 12:15 PM **Sustaining Well-Being: Where Time, Values, and Energy Align**
Robert John Sawyer, PhD, ABPP-CN
- 12:15 – 1:00 PM **Lunch**
- 1:00 – 2:15 PM **Fueling Well: Evidence-Based Nutrition and Lifestyle Strategies for Sustainable Health**
Molly Kimball, RD, CSSD
- 2:15 – 2:45 PM **Panel: Reclaiming Well-Being in Real Life: Practical Strategies for Busy Healthcare Professionals**
Robert John Sawyer, PhD, ABPP-CN; Bryan Sibley, MD, FAAP; John Stormont, MD; Eve Switzer, MD, FAAP; Melissa Montgomery, MS, HRM
- 2:45 PM **Adjourn**

SUNDAY, MAY 31

- 7:00 – 8:00 AM **Breakfast**
- 8:00 – 9:15 AM **Built to Last: An OT's Perspective on Musculoskeletal Health for Medical Professionals**
Marie McLaughlin, OTR/L, CHT
- 9:15 – 10:15 AM **About Face - The Personal Journey of a Combat Neurosurgeon Who Became A Chronic Pain Patient With Hand Weakness**
Jeannette Liu, MD
- 10:15 – 10:30 AM **Looking Back, Moving Forward: Reflections on the Weekend**
Jeannette Liu, MD, FAANS
- 10:30 AM **Adjourn**

* Agenda subject to minor adjustments.