

Limb Lengthening and Reconstruction Society: ASAMI–North America

Wellness Pre–course: *Become a Better Human, Become a Better Surgeon*

Thursday, July 17, 2025

Agenda

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| 6:45–8:00 a.m.       | Course Check–in & Continental Breakfast<br><b>Visit Exhibits – Grand Ballroom Foyer</b>  |
| 8:00–8:05 a.m.       | Introduction: Putting Burnout into Perspective – <i>Christopher A. Iobst, MD</i>   |
| 8:05–8:45a.m.        | Courage to Speak Out<br><i>Carrie Cunningham, MD, MPH</i><br><i>Christopher A. Iobst, MD</i><br><i>Jan Klamar, MD</i><br><i>Julie Wei, MD</i>  |
| 8:45–9:15 a.m.       | Panel Discussion and Q+A<br>Moderator: Nana Coleman, MD, EdM<br><i>Alfred Atanda, MD</i><br><i>Carrie Cunningham, MD, MPH</i><br><i>Christopher A. Iobst, MD</i><br><i>Jan Klamar, MD</i><br><i>Julie Wei, MD</i><br><i>Kandi Wiens, EdD</i> |
| 9:15–9:30 a.m.       | Wellness Break<br><b>Visit Exhibits – Grand Ballroom Foyer</b>   |
| 9:30 a.m.–12:00 p.m. | Emotional Intelligence<br><i>Kandi Wiens, EdD</i>  |
| 12:00–12:45 p.m.     | Lunch – The Stenton  |
| 12:45–1:15 p.m.      | Emotional Intelligence Session Debrief<br><i>Nana Coleman, MD, EdM</i><br><i>Kandi Wiens, EdD</i>  |
| 1:15–1:45 p.m.       | Alternative Lifestyle Medicine<br><i>Sarah S. Jones, MD</i>  |
| 1:45–2:30 p.m.       | Coaching/Mentor/Peer Support “Fireside Chat”<br><i>Alfred Atanda, MD</i><br><i>Nana Coleman, MD, EdM</i><br><i>Julie Wei, MD</i>   |

- 2:30–3:00 p.m.      Panel Discussion: When do I Need a Therapist? And Q+A  
*Alfred Atanda, MD*  
*Nana Coleman, MD*  
*Sarah S. Jones, MD*  
*John Kelly, MD*  
*Jan Klamar, MD*  
*Julie Wei MD*  
*Kandi Wiens, EdD*
- 3:00–3:20 p.m.      Wellness Break  
**Visit Exhibits – Grand Ballroom Foyer**
- 3:20–3:40 p.m.      What They Never Taught Me in Medical School  
*Nana Coleman, MD, EdM*
- 3:40–4:15 p.m.      Panel Discussion: LLRS-specific Wellness Topics  
Moderator: Christopher A. Iobst MD  
*Jill C. Flanagan, MD*  
*Marie Gdalevitch, MD*  
*Soren Kold, MD, PhD*  
*Raymond W. Liu, MD*  
*David Podeszwa, MD*  
*Sanjeev Sabharwal, MD*
- 4:15–4:45 p.m.      Solutions to Surgical Stress  
*Alfred Atanda, MD*  
*Christopher A. Iobst, MD*  
*Emeka Izuagba, MD*  
*John Kelly, MD*  
*Raymond W. Liu, MD*  
*Julie Wei, MD*
- 4:45–5:00 p.m.      Discussion, Action Items, and Wrap Up