## Program Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td>Registration and Breakfast</td>
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<tr>
<td>9:30 am</td>
<td>Introduction</td>
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<tr>
<td>9:45 am</td>
<td><strong>Bioidentical Hormone Therapy: Is It Really Better?</strong> Dr. Judith Balk</td>
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<tr>
<td>10:20 am</td>
<td>Getting Results with Nutritional Supplements Dr. David Goldstein</td>
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<tr>
<td>10:55 am</td>
<td>Morning Break</td>
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<tr>
<td>11:10 am</td>
<td>“Phooey to Food” Nutrition: Science or Fiction Dr. Mehernosh Khan</td>
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<tr>
<td>11:45 am</td>
<td>Morning Panel Discussion</td>
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<tr>
<td>Noon</td>
<td>Lunch</td>
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<tr>
<td>12:45 pm</td>
<td>Remembrance of Dr. Amy Stine</td>
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<tr>
<td>1:00 pm</td>
<td><strong>Optimal Healing Environment: The Natural Next Step</strong> Dr. Wayne Jonas</td>
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<tr>
<td>2:00 pm</td>
<td>Grieving and Letting Go James Donnelly</td>
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<tr>
<td>2:35 pm</td>
<td>Afternoon Break</td>
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<tr>
<td>2:50 pm</td>
<td><strong>An Integrative Approach to Pain Management Dr. Ronald Glick</strong></td>
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<tr>
<td>3:25 pm</td>
<td>Afternoon Panel Discussion</td>
</tr>
<tr>
<td>3:45 pm</td>
<td>Conference Adjournment</td>
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## Registration

Please register online at: [https://ccehs.upmc.edu](https://ccehs.upmc.edu)

Registering online is the quickest and easiest way to reserve your space. After registering, an electronic confirmation will be sent to the email address you provided when you registered.

If you wish to pay by check or UPMC Journal Transfer please obtain a paper registration form by clicking on the workshop title at [http://ccehs.upmc.edu](http://ccehs.upmc.edu) and printing out the form. It can then be faxed or mailed to:

Dan Lewis  
UPMC Center for Continuing Education in the Health Sciences  
Iroquois Building, Suite 302  
200 Lothrop Street  
Pittsburgh, PA 15213  
Fax: (412) 647-8222

### Registration Fee

- **$50 for those receiving continuing medical education credits**
- **$20 for all others**

Breakfast, lunch and break refreshments are included. A discounted parking rate of $5 will be available at the Shadyside Hospital parking garage at Centre Avenue.

## For further information, contact:

Jeanette Adams  
Center for Integrative Medicine  
Phone: (412) 623-1203  
Email: adamsjm@upmc.edu
**Background**

*Amy Stine* was a much beloved holistic family physician in the Pittsburgh area with a private practice addressing body, mind and spirit. This workshop is offered in her memory and provides healing concepts for both the medical professional and the public.

**Course Overview**

Lectures are given in the areas of hormone therapy, nutrition, supplements, grieving and pain management by local specialists. The keynote speech addresses the optimal healing environment. The morning talks are intended more for the medical specialist, and the afternoon talks are geared towards the public. The keynote speech will be of interest to both. However, all talks are open to those with interest. Panel discussions will enable questions by the audience. Continuing medical education credits are available.

**Objective**

Participants will leave the workshop with tools and concepts that can be readily applied in the care of others and self.

**Continuing Education Credit**

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this educational activity for a maximum of **3.0 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded **0.3** continuing education units (CEU’s) which are equal to **3.0** contact hours.

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**Speakers**

**Dr. Wayne B. Jonas** is the President and Chief Executive Officer of the Samueli Institute as well as a Professor of Family Medicine, Georgetown University Medical Center and an Associate Professor of Family Medicine, Uniformed Services University of the Health Sciences. A family physician and scientist, he formerly served as the Director of the Office of Alternative Medicine at the National Institutes of Health, the Director of the Medical Research Fellowship at the Walter Reed Army Institute of Research, a Director of a WHO Collaborating Center for Traditional Medicine, and a member of the White House Commission on Complementary and Alternative Medicine Policy. He sits on numerous national and international advisory boards and scientific review groups. He is the author of over 150 publications and five books. He received his medical degree at Wake Forest University School of Medicine, Winston-Salem, North Carolina.

**Dr. Judith Balk** is an Associate Professor of Obstetrics and Gynecology at the University of Pittsburgh School of Medicine, with Masters Degrees in Public Policy and Public Health. She has trained in acupuncture, mind-body medicine, and yoga and incorporates counseling around nutrition, exercise, and stress management into her clinical practice. She has conducted research into acupuncture and other complementary therapies for women’s health conditions. She is the Medical Director of the Holistic Cancer Center at Magee-Womens Hospital of UPMC and was co-founder of the Mid-Life Health Center at Magee.

**Dr. Ronald Glick** is an Assistant Professor in the Departments of Psychiatry, Physical Medicine and Rehabilitation, and Family Medicine at the University of Pittsburgh School of Medicine and is the Medical Director of the Center for Integrative Medicine at UPMC Shadyside. His practice focuses on integrative approaches to the management of chronic pain conditions as well as stress, anxiety, and depression. Additionally, he is the principal investigator on two NIH-funded studies involving complementary approaches.

**Dr. David M. Goldstein** received his medical degree from the University of Michigan in 1982. He is board certified in Physical Medicine and Rehabilitation and Holistic Medicine. He has over 15 years of experience practicing Holistic Medicine in his private practice in Wexford, PA.

**Dr. Mehernosh Khan** is Board certified in Family Practice and holds a Doctorate in Naturopathic Medicine. His practice is based on an Integrated patient centered model. He believes that good nutrition should be the foundation of good health, a much overlooked variable.

**James F. Donnelly** has over 25 years of experience as a psychotherapist and has been with the Center for Integrative Medicine since 2000. He has a Masters Degree in Psychology from Duquesne University and received further training in Gestalt Therapy. His practice focuses on a holistic approach that integrates the energetic and spiritual dimension to the Mind-Body approach by using Mindfulness Meditation, Cardiac Coherence training, and EMDR.
**INSTRUCTIONS FOR COMPLETING PAPER REGISTRATION FORMS**

1. Use one form per registrant.
2. Type or print legibly.
3. **NO REGISTRATION WILL BE HELD OR ACCEPTED WITHOUT PAYMENT.**
4. Registrations will be accepted on a space availability basis.
5. Mail or Fax Registration Form and Payment to:
   UPMC / University of Pittsburgh Medical Center
   Center for Continuing Education in the Health Sciences
   Iroquois Building, Suite 302
   200 Lothrop Street
   Pittsburgh, PA 15213-2582
   Fax: 412-647-8222

**COURSE REGISTRANT INFORMATION**

(USE ONE FORM PER PERSON)

Last five (5) digits of your Social Security Number: 

Prefix: ☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms. ☐ Other, please indicate: 

First Name: ___________________________ Last Name: ___________________________

Degree: ☐ MD ☐ DO ☐ Resident ☐ PhD ☐ MPH ☐ RN ☐ Other, please indicate: 

Company/Institutional Affiliation: ____________________________________________________

E-mail address: ___________________________ @ _______________________

Your e-mail address is needed for the provision of the immediate return of confirmation letter.

Street Address: ____________________________________________________________________

City: ___________________________ State / Province: _________ ZIP: _______________

Work Telephone ( ) __________ other phone ( ) __________ Fax ( ) ___________

**Those receiving Medical Education Credits**

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<thead>
<tr>
<th>TOTAL PAYMENT DUE</th>
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<tbody>
<tr>
<td>$50.00</td>
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**All others**

<table>
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<tr>
<th>TOTAL PAYMENT DUE</th>
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<tbody>
<tr>
<td>$20.00</td>
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**METHOD OF PAYMENT**

Check included Make payable to **UPMC Presbyterian Shadyside.**

1. Credit Card Payments (CHECK ONE)

   ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

   Credit Card No. ___________________________ Expiration Date (Month/Year) ____________

   CVD# _____ (the 3-digit number on the back of the card) Signature _________________________

2. UPMC Journal Entry Transfer. If you are a UPMC employee and your department will be responsible for payment, we can charge your department directly. **DO NOT SUBMIT a disbursement to UPMC Accounts Payable. Complete the following:**

   Business unit: _____ _____ _____ _____ Account number: _____ _____ _____ _____ Dept ID: _____ _____ _____