



Cultivating Joy and Purpose in Healthcare

October 3–4, 2025

InterContinental Hotel & Conference Center
Cleveland, OH & Live Stream

About the Conference

Welcome to the inaugural **Cultivating Joy and Purpose in Healthcare** conference! We are thrilled to have you join us for this meaningful gathering dedicated to reigniting the passion and purpose that first drew so many of us into the healthcare professions. This event brings together a diverse community of healthcare professionals, leaders, and advocates who share a common goal: to create environments where joy, connection, and fulfillment are not just possible but essential. Over the next couple of days, we invite you to engage deeply, reflect honestly, and explore innovative ways to sustain well-being and purpose in your work.

As we face increasing demands and systemic challenges, this conference serves as a reminder that joy and purpose are not luxuries. They are vital to quality care, resilience, and human-centered practice. Through interactive presentations and meaningful dialogue, we hope to equip you with practical tools, renewed inspiration, and a strengthened network of peers committed to elevating healthcare systems.

Topics include resilient leadership, strategy and goal setting, advocating for others, navigating changes, conflict management, burnout prevention, and growing your joyful career. This session will also provide a concise overview of key clinical updates to enhance professional development and healthcare practice.

Thank you for joining us and for all that you do to bring compassion and dedication to the heart of healthcare. We look forward to learning and growing with you!

Objectives

Upon completion of this activity, the participant will be able to:

1. Assess and implement career planning, networking, negotiation, and leadership skills to enhance the professional development of healthcare professionals.
2. Identify strategies to achieve and maintain optimal work-life control, wellbeing, professional satisfaction, and belonging.
3. Assemble a strong and meaningful network of professionals in healthcare by facilitating hands-on sessions and networking events to encourage collaboration, knowledge sharing, and mutual, authentic support.
4. Apply skills and knowledge necessary to strengthen professional growth in leadership roles through interactive breakout sessions, mentoring, and sponsorship.
5. Describe evidence-based clinical pearls that enhance diagnostic accuracy, improve patient management, and support informed decision-making in everyday practice.

Target Audience

Intended for physicians from various specialties, physician assistants, nurse practitioners, nurses, pharmacists, psychologists, social workers and other healthcare practitioners and professionals who are focused on enhancing and developing their careers.



Faculty

Conference Directors

Carrie M. Hersh, DO, MSc, FAAN

Director, Multiple Sclerosis Health and Wellness Program
Director, Professional Engagement
Associate Fellowship Program Director
Mellen Program for Multiple Sclerosis
Cleveland Clinic Lou Ruvo Center for Brain Health
Neurological Institute

Mary R. Rensel, MD, FAAN

Director, Wellness and Pediatric MS at Mellen Center
Mellen Center for Multiple Sclerosis
Neurological Institute

Amy B. Sullivan, PsyD, ABPP

Director of Behavioral Medicine and Research
Mellen Center for Multiple Sclerosis
Director, Engagement and Wellbeing
Neurological Institute

Mary Alissa Willis, MD, FAAN, FANA

Vice Chair, Department of Neurology
Section Head, General Neurology
Neurological Institute

Cleveland Clinic Faculty

Sofya H. Asfaw, MD, MBA, FACS, FCCM

Vice Chair, Safety, Quality, Patient Experience,
Digestive Disease Institute
Vice Chair, Wellness and Diversity, Department
of General Surgery
Digestive Disease Institute, Department of General Surgery
Section of Trauma Surgery, Surgical Critical Care and
Emergency General Surgery

Moises Auron, MD, FAAP, FACP, SFHM, FRCP, FRCPCH

Staff, Department of Hospital Medicine and
Department of Pediatric Hospital Medicine

Danielle Beltz, PharmD, BCPS, CSP, MSCS, MBA

Clinical Pharmacist
Cleveland Clinic Specialty Pharmacy

Deborah L. Benzil, MD, FACS, FAANS

Vice Chair of Neurosurgery
Center for Spine Health

Michelle Biehl, MD, MS

Staff, Department of Pulmonary & Critical Care Medicine
Director, MICU Transitions Team (MTT)
Integrated Hospital-Care Institute (IHI)

Adrienne Boissy, MD, MA

Staff, Mellen Center for Multiple Sclerosis

Natalie A. Bowersox, MD

Interim Vice Chair of Education,
Ob/Gyn & Women's Health Institute
Cleveland Clinic Akron General

Bradley Champagne, MD, FACS, FASCRS

Chief Medical Officer, Fairview Hospital
Chairman, Department of Surgery, Cleveland Clinic,
Fairview Hospital
Staff, Colorectal Surgeon, Department of Colorectal Surgery
Medical Director, Fairview Ambulatory Surgery Center

Desiree Chizmadia, MSN, APRN, CNP

Neurological Institute Advanced Practice Provider Manager
Mellen Center for Multiple Sclerosis

Leslie Cho, MD

Director, Cleveland Clinic's Women's Cardiovascular Center
Section Head, Preventive Cardiology and Rehabilitation
Chief Quality Officer, Robert and Suzanne Tomsich
Department of Cardiovascular Medicine

Kendalle Cobb, MD

Associate Chief of Staff
Staff, Family Medicine

Krista R. Dobbie MD

Staff, Department of Palliative Medicine
and Supportive Care

Michelle Drerup, PsyD, DBSM

Director, Behavioral Sleep Medicine
Sleep Disorder Center

Aaron Hamilton, MD, MBA

Chief Medical Officer
Cleveland Clinic Hillcrest Hospital

Christine Jellis, MD, PhD

Vice Chair of Operations, Heart,
Vascular and Thoracic Institute
Director, Physician Alignment

Caroline Just, MD

Staff, Center for General Neurology

Suchetha Kshetry, MD, MBA

Interim Chair, Department of Obstetrics and Gynecology
Vice Chair, Western Region

Andre Machado, MD, PhD

Chairman, Neurological Institute
Charles and Christine Carroll Family Endowed
Chair in Functional Neurosurgery

Margaret L. McKenzie, MD, MS, FACOG

Vice President, South Pointe and Marymount Hospitals

Silvia Perez Protto, MD, MS, MBA

Medical Director, End of Life Center
Office of Safety, Quality and Patient Experience
Staff, Intensive Care and Resuscitation Department

Kasia Rothenberg, MD, PhD

Staff, Cleveland Clinic Lou Ruvo Center for Brain Health

Taylor Rush, PhD

Director, Behavioral Health
Center for Neurological Restoration

Bindu Sangani, MD

Medical Director, Hospital Medicine

Andrea Sikin, MD, FACP

Chair, Department of Internal Medicine and Geriatrics

Planning Committee

Danielle Beltz, PharmD, BCPS, CSP, MSCS, MBA**Desiree Chizmadia, MSN, APRN, CNP****Allyson Coleman, LISW****Alyssa DeCarlo, MS, OTR/L, MSCS, CSRS****Tara DeSilva, PhD****Sandy DiFranco, Esq.****Suchetha Kshetry, MD, MBA****Hannah Malloy, PT, DPT****Mary Mazzola, MA CCC-SLP****Tracey Touma, CHISL, CDH-L****Hilary Young, PA-C**

Agenda

Friday, October 3, 2025 (Eastern Time)

- 7:00 am **Registration/Continental Breakfast/Exhibits** – 3rd Floor Foyer
- 8:00 am **Welcome & Introduction** – Conference Room B – 3rd Floor
Carrie M. Hersh, DO, Mary Rensel, MD, Amy Sullivan, PsyD, Mary Alissa Willis, MD
- 8:15–8:35 am **Resilient Leadership** – *Margaret McKenzie, MD*
- 8:35–8:55 am **Professional Growth, Strategic Planning, and High Performance: It Takes a Village** – *Deborah Benzil, MD*
- 8:55–9:50 am **Allyship from the Male Perspective: He for She** – Moderator: *Amy Sullivan, PsyD*
Panelists: *Andre Machado, MD, Andrea Sikin, MD, Moises Auron, MD and Brad Champagne, MD*
- 9:50–10:05 am **Refreshment Break/Exhibits**
- 10:05–10:25 am **Navigating Change While Staying True to Your Purpose** – *Mary Rensel, MD*
- 10:25–10:45 am **Time Management, Boundary Setting, and Burnout Prevention for Building Healthy Careers**
Carrie M. Hersh, DO
- 10:45–11:45 am **7 Minute Clinical Pearls**
- **Managing Mood Disorders from a Pharmacologic Perspective** – *Kasia Rothenberg, MD, PhD*
 - **Women's Preventative Brain Health** – *Caroline Just, MD*
 - **Women's Cardiac Health** – *Leslie Cho, MD*
 - **Let's Talk About Infertility** – *Desiree Chizmadia, CNP*
 - **Sleep Pearls** – *Michelle Drerup, PsyD*
- 11:45 am–1:00 pm **Lunch Buffet & Exhibits**

Afternoon Breakout Sessions

In-person attendees will remain in their assigned rooms as speakers rotate through each room to present the topics listed below. Virtual attendees will view each of these breakout sessions sequentially as they are broadcast from the general session room.

BREAKOUT SESSION TOPICS:

Conflict Management and Handling Bad News – *Natalie Bowersox, MD*

Hot Topics in Pharma: What's New in Medicine? – *Danielle Beltz, PharmD*

The Protean Career: Creating a Career Pathway with Heart – *Mary Alissa Willis, MD*

- 1:00–1:45 pm **Breakout Session 1** – Conference Room B, Six Continents Room, Room 204
- 2:00–2:45 pm **Breakout Session 2** – Conference Room B, Six Continents Room, Room 204
- 2:45–3:00 pm **Refreshment Break/Exhibits**
- 3:00–3:45 pm **Breakout Session 3** – Conference Room B, Six Continents Room, Room 204

GENERAL SESSION – Conference Room B

- 3:50–4:15 pm **Belonging at the Office: The Heart of Inclusive Leadership** – *Sofya Asfaw, MD*
- 4:15–5:15 pm **Reception** – InterContinental Hotel

Time for questions and answers are included in each presentation.

Agenda

Saturday, October 4, 2025 (Eastern Time)

7:30 am	Registration/Continental Breakfast/Exhibits
8:00 am	Welcome/Introduction Day 2 – Conference Room B – 3rd Floor <i>Carrie M. Hersh, DO, Amy Sullivan, PsyD, Mary Alissa Willis, MD</i>
8:15–8:40 am	Keynote Speaker: From Snouts to Souls: How Palliative Pigs Cultivate Resilience, Joy, and Purpose in Healthcare <i>Krista Dobbie, MD</i>
8:40–9:00 am	Keynote Speaker: Joy and Purpose: Realizing that Nobody Else Can Be the Best You <i>Kendalle Cobb, MD</i>
9:00–9:25 am	How to Get and Handle the Feedback You Need and Deserve <i>Christine Jellis, MD, PhD</i>
9:25–9:50 am	Driving Success with Self-Leadership and Team Self-Leadership <i>Aaron Hamilton, MD and Bindu Sangani, MD</i>
9:50–10:10 am	Refreshment Break/Exhibits
10:10–10:35 am	Inspiring Purpose and Building Your Board of Directors while Advocating for Others <i>Silvia Perez Protto, MD</i>
10:35–11:00 am	Career Transitions: Giving Yourself Permission to Change <i>Michelle Biehl, MD</i>
11:00–11:20 am	Q&A Faculty Panel – Moderator: <i>Carrie M. Hersh, DO</i>
11:20–12:00 pm	20 Minute Clinical Pearls <ul style="list-style-type: none">• Menopause Management for the Busy Healthcare Worker – <i>Suchetha Kshetry, MD</i>• Non-Pharmacologic Mood Management – <i>Taylor Rush, PhD</i>
12:00–1:00 pm	Lunch Buffet & Exhibits
1:00–1:20 pm	Designing Your Joy: Neuroscience Required <i>Adrienne Boissy, MD</i>
1:20–2:00 pm	Thriving in Your Career: Personal Triumphs and Tumbles Along the Way <i>Carrie M. Hersh, DO, Amy Sullivan, PsyD, Mary Alissa Willis, MD</i>
2:00 pm	Adjourn

Time for questions and answers are included in each presentation.

General Information

Location

InterContinental Hotel & Conference Center
9801 Carnegie Avenue
Cleveland, Ohio 44106
Phone: 216.707.4100 or 877.707.8999

Hotel Accommodations

Hotel reservations are separate from the conference registration and are the responsibility of the participant. A block of rooms has been reserved at the InterContinental Hotel for a rate of \$199 plus tax. To make your reservation, call 855.765.8709 and identify yourself as a CME event participant to receive the discounted rate.

The cut-off date for the special rate is 5:00 p.m. (EDT) September 8, 2025.

Parking

Complimentary parking is available in the Visitor's Parking Garage #2 located off 100th and Carnegie. From the garage, take the 3rd floor skyway to the hotel. Please bring your parking ticket to the conference registration desk for validation. Valet parking is available at the hotel at your own cost of \$18.00 per car for meeting attendance. Visit www.clevelandclinic.org for maps and directions.

Accreditation

In support of improving patient care, Cleveland Clinic Center for Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Designation

- **American Medical Association (AMA):** Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 11 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the live activity.

Participants claiming CME credit from this live activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.

- **American Nurses Credentialing Center (ANCC):** Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 11 ANCC contact hours.

- **American Academy of PAs (AAPA):** Cleveland Clinic Center for Continuing Education has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 11 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

- **American Psychological Association (APA) CE Credits:** American Psychological Association (APA) Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

- **Accreditation Council of Pharmacy Education (ACPE):** Cleveland Clinic Center for Continuing Education designates this knowledge-based activity for a maximum of 11 hours. Credit will be provided to NABP CPE Monitor within 60 days after the activity completion.

Universal Activity Number List:

Pharmacist UAN: JA0000192-0000-25-334-L99-P

- **ASWB Approved Continuing Education Credit (ACE): Social Work Credit** – As a Jointly Accredited Organization, Cleveland Clinic Center for Continuing Education is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Cleveland Clinic Center for Continuing Education maintains responsibility for 11 live continuing education credits.

- **American Board of Surgery (ABS):** Successful completion of this CME activity enables the learner to earn credit toward the CME requirement(s) of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

(continued)

Credit Designation (continued)

- **Ohio Physical Therapy Association (OPTA):** Credit is being applied for with the Ohio Physical Therapy Association – Approval is pending.
- **OT section of the Ohio OTPTAT Board:** Credit is being applied for with the OT section of the Ohio OTPTAT Board – Approval is pending.
- **Speech Language-Pathology:** This event has been approved by the Ohio Speech and Hearing Professionals Board for up to 11 clock hours of continuing education for the 2025–2026 practice biennium.
- **Certificate of Participation:** A certificate of participation will be provided to other health care professionals for requesting credits in accordance with their professional boards and/or associations.

Information

For further information about this activity, contact Liz Eaton at Local: 216.385.9076; Email: eatonl3@ccf.org

Faculty Disclosure Statement

The Cleveland Clinic Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Integrity and Independence requiring mitigation of all faculty conflicts of interest. Faculty declaring a relevant financial relationship will be identified in the activity syllabus.

Faculty Presentations

Faculty presentation slides will be available online in PDF format.

Americans with Disabilities Act

The Cleveland Clinic Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Liz Eaton at 216.385.9076 at least two weeks prior to the activity.

Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone activity in our sole discretion. In the unlikely event that this occurs, any registration fee(s) paid will be refunded. Be advised that Cleveland Clinic is not responsible for related costs including airline tickets, hotel costs, or any similar fee penalties incurred as a result of any trip cancellations or changes.

Registration and Cancellation

REGISTER AT: www.ccfcmecareerjoy.org

Payment must be received prior to the conference. Purchase orders are not accepted.

Conference Registration Fees

- **In-person:** registration includes online syllabus, continental breakfasts, refreshment breaks, buffet lunch and reception
- **Live Stream:** registration includes virtual meeting attendance and online syllabus.

Recordings of lectures will be available for attendees to view after the conference for 3 months. CME credit is not available for watching the recordings after the conference.

Registration Category	Early Bird In-Person or Live Stream Discount until 8/3/2025	Standard Fee In-Person or Live Stream Starting 8/4/2025
Physician	\$500	\$600
Resident*/Fellow*	\$400	\$500
Non-Physician	\$400	\$500

*Letter from Program Director or Chairman must be received in our office prior to the conference to receive this fee.

CCF Employees should check fees and register online at the above web address.

Preregistrations are accepted online until 5:00 p.m. ET, Friday, September 26, 2025. To register after this date, please do so onsite. In case of cancellation, a full refund will be made if canceled by September 19, 2025. After September 19, 2025, a \$50 cancellation fee will be deducted from your refund. NO REFUNDS WILL BE ISSUED AFTER SEPTEMBER 26, 2025. Written notification of your cancellation is required in order to process your refund.

For questions about registering online, call 216.448.8710 or email cmeregistration@ccf.org