

REGISTRATION

Online registration can be accessed at cme.ahn.org

Click on Courses, then type or scroll down to find AHN Women Physician’s Wellness Conference 2025 and click on Register.

FEES

- Attending physician: \$200
- Residents and fellows: \$20
- Saint Vincent attending physician (virtual): \$100
- Saint Vincent residents and fellows (virtual): \$20

The registration fee includes the course materials, continental breakfast, lunch, and break refreshments.

REGISTRANT REFUND POLICY

Eligibility for a registrant refund is based on the following criteria. Please note, all registrants must email the CME department within the specified time frames to be eligible for a refund. To receive a full refund, registrants must provide written notification to the CME department no sooner than 30 days of the activity start date. Registrants that notify the CME department within 14 – 29 days prior to the activity will receive a 50% refund.

On or before August 27th	100% Refund
Between August 28 th & September 11 th	50% Refund
September 12 th Onwards	No Refund

Discounted conference room rates
available at the Omni William Penn Hotel



SCAN CODE
FOR DETAILS &
BOOKING

QUESTIONS?

Please contact Samantha Kunvatanagarn
in the CME office for more information:
samantha.kunvatanagarn@ahn.org



AHN

ALLEGHENY PROFESSIONAL BUILDING

CME Department
490 East North Avenue, Suite 520
Pittsburgh, PA 15212

07/25 Z MX5253651



ALLEGHENY HEALTH NETWORK
Women Physician's ERG



CME Opportunity

AHN Women Physician’s
Wellness Conference

Friday, September 26th, 2025

Omni William Penn Hotel
530 William Penn Pl, Pittsburgh, PA 15219

SPONSORED BY

AHN Women Physician’s ERG
Allegheny General Hospital
Allegheny County Medical Society

CONFERENCE OVERVIEW

Despite the increasing number of women entering medicine, gender disparities persist in leadership roles, compensation, work-life integration, and wellness support. Women physicians also face higher burnout rates, limited mentorship opportunities, and systemic barriers to advancement.

This conference aims to bridge these gaps by fostering empowerment, advocacy, and ensuring that women physicians have the tools, community, and organizational support needed to thrive.

CME ACCREDITATION

Physicians
Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Allegheny General Hospital designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AGENDA

7:30 - 8:00 AM Registration & Breakfast
Light breakfast, coffee, and networking opportunity with fellow women physicians

8:00 - 8:30 AM Opening Remarks, Welcome, and Introduction
Prerna Mewawalla, MD | Susan Manzi, MD | Bethany Casagrande, DO

8:30 - 9:30 AM Keynote Address: Understand the Science of Your Happiness and Reclaim Your Joy
Judith Joseph MD, MBA

9:30 - 10:50 AM Women’s Health Panel Discussion: A Candid Conversation on Pelvic Health
Helana Pietragallo, MD, FACOG | Jocelyn Fitzgerald, MD, URPS, FACS | Joni DiFonso, DPT

10:50 - 11:00 AM Break

11:00 - 11:45 AM Financial Empowerment for Women Physicians
Matt Blocki, CFP, RICP, ChFC

11:45 AM - 12 PM ACMS Updates
Sara Hussey, MBA, CAE

12:00 - 1:00 PM Lunch
Time to relax, connect, and recharge with your peers

1:00 - 2:00 PM Keynote Address: Reconnecting with Your Why: How Healing Relationships, Starting with Ourselves, Restores Joy, Purpose, and Community in Medicine
Tomi Mitchell, MD

2:00 - 2:45 PM Bold Teams & Brave Conversations: Courageous Leadership Creating Real Change
Mallory Salentine, MD, ACC, TIPC, FAAP

2:45 - 3:00 PM Break

3:00 - 4:30 PM Defying Gravity: Trade Secrets of a Dermatologist. The Latest on Anti-aging and Achieving Healthy Skin and Hair at Any Age
Kristen Whitney, DO, FAAD

4:30 PM Closing Remarks & Next Steps
Maria Gioia, DO

COURSE DIRECTORS

Prerna Mewawalla, MD
Associate Professor of Medicine, Drexel University College of Medicine. Medical Director, Apheresis, Division of Hematology & Cellular Therapy, AHN. Chair, AHN Women Physician’s ERG, Board Of Directors, ACMS.

Maria Gioia, DO
Associate Professor of Family Medicine, Lake Erie College of Medicine. Associate Program Director, AHN Forbes Family Medicine Residency Program. Member Engagement Lead, AHN Women Physician’s ERG. Board of Directors, PAFP.

INVITED FACULTY

Susan Manzi, MD, MPH
Professor of Medicine, Drexel University College of Medicine. Chair, Medicine Institute at Allegheny Health Network. Director, Lupus Center of Excellence at AHN Autoimmunity Institute.

Bethany Casagrande, DO
Associate Professor of Radiologic Sciences, Drexel University College of Medicine. Chief Medical Officer, Allegheny Health Network.

Judith Joseph MD, MBA
Clinical Assistant Professor of Child and Adolescent Psychiatry, NYU Grossman School of Medicine. Chair, Women in Medicine initiative at Columbia University Vagelos College of Physicians and Surgeons. Author of the best-selling book, “High Functioning, Overcome Your Hidden Depression and Reclaim Your Joy”.

Helana Pietragallo, MD, FACOG
Allegheny Health Network, Women’s Institute. Menopause Society Certified Practitioner.

Jocelyn Fitzgerald, MD, URPS, FACS
Assistant Professor, OB/Gyn and Reproductive Sciences, University of Pittsburgh School of Medicine. Division of Urogynecology and Reconstructive Pelvic Surgery, UPMC Magee Women’s Hospital.

Joni DiFonso, DPT
Physical Therapist, Alliance Physical Therapy. Specializing in pelvic floor therapy and postpartum recovery.

Matt Blocki, CFP, RICP, ChFC
CEO and Founder of Equilibrium Wealth Advisors.

Sara Hussey, MBA, CAE
Executive Director, Allegheny County Medical Society.

Tomi Mitchell, MD
Medical Director, EHN Sandstone Recovery Centre in Calgary, Alberta. Founder, Bonsai Medical & Aesthetics clinic. Wellness and performance coach and founder, Holistic Wellness Strategies. TEDx speaker. Podcast host of “The Mental Health & Wellness Show”. Author of the book “The Soul-Sucking, Energy-Draining Life of a Physician: How to Live a Life of Service Without Losing Yourself”.

Mallory Salentine, MD, ACC, TIPC, FAAP
Adjunct Assistant Professor of Pediatrics, Medical College of Wisconsin. Certified leadership and trauma-informed professional coach. Founder and CEO, Salentine Coaching and Consulting, LLC. Associate Medical Director, Provider Well-Being at Children’s Wisconsin.

Kristen Whitney, DO, FAAD
Assistant Professor of Medicine, Drexel University College of Medicine. Director, Cosmetic Services, AHN Dermatology, specializing in medical dermatology and minimally invasive cosmetic procedures.

Disclosure of significant relationships with relevant commercial companies: In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the policy of Allegheny General Hospital, presenters must disclose all relevant financial relationships, which, in the context of their presentation(s), could be perceived as a real or apparent conflict of interest (e.g., ownership of stock, honoraria, or consulting fees). Any identifiable conflicts will be resolved prior to the activity. Any such relationships will be disclosed to the learner prior to the presentation(s).