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 <u>written notification</u> 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 28th & September 11th 50% Refund

September 12th 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



ALLEGHENY PROFESSIONAL BUILDING

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

07/25 Z MX5253651



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 Casagranda, 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



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.



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



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 Casagranda, 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



Matt Blocki, CFP, RICP, ChFC

CEO and Founder of Equilibrium Wealth Advisors.



Executive Director, Allegheny County Medical Society.



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".



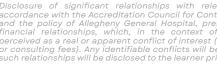
Mallory Salentine, MD, ACC, TIPC, FAAP

Adjunct Assistant Professor of Pediatrics, Medical College of Wisconsin. Certified leadership and traumainformed 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.



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).