



2ND ANNUAL Healthcare Professional Wellness Symposium

Saturday, October 26, 2024 | 10 AM

Waldorf Astoria Monarch Beach Resort & Club, Dana Point, CA
Featuring an Appearance from Comedian Vartoush

▶ 10:30 AM - 6:30 PM: Complimentary Individual Treatments ◀

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- 9:30 AM Registration**
- 10:00 AM - 10:15 AM Welcoming Remarks & Introduction of Program**
Talar Tejjirian, MD, FACS — General Surgeon & Wellness Advocate
- 10:20 AM - 10:50 AM Kundalini Yoga Meditation: Cleanse Your Mind With a "Mental Shower"**
Chutney Berry — Kundalini Yoga and Meditation Teacher
- 10:55 AM - 11:40 AM Well Lab 101: The Happiness Experiment (Part I)**
Mitch L. Martens, MA — Clinical Wellness Director
- 11:40 AM - 11:55 AM Rejuvenation Pause**
- 11:55 AM - 12:40 PM Well Lab 101: The Happiness Experiment (Part II)**
Mitch L. Martens, MA — Clinical Wellness Director
- 12:40 PM - 1:10 PM Dance Fitness Session (Armenian Zumba)**
Tigran Grigoryan — Certified Personal Trainer and Licensed Zumba Dance Instructor
- 1:10 PM - 2:05 PM Wellness Lunch**
Laughter is Wellness with Comedian Mary Basmadjian as Vartoush
- 2:05 PM - 2:15 PM Merck**
- 2:15 PM - 2:35 PM Cardiac Benefits of Wellness**
Harry Balian, MD, FACC, FSCAI — Interventional & Nuclear Cardiologist
- 2:40 PM - 3:00 PM Primordial Sound Meditation**
Michelle Arakelian — Chopra Certified Instructor
- 3:05 PM - 3:25 PM Wellness Leadership: Mobilizing Health Professionals to Lead the Charge**
Nicholas Tavoukjian, MS, PhD — Candidate in Rehabilitation & Movement Science
- 3:30 PM - 3:50 PM EFT Tapping**
Astkhik Zakian, PharmD — Sr. Clinical Pharmacist, Adjunct Assistant Professor
- 3:50 PM - 4:05 PM Rejuvenation Pause**
- 4:10 PM - 4:30 PM Quality of Life: Anti-Aging Hormone Replacement Therapy Training**
Mardiros Mhramanian, MD — General Surgeon
- 4:35 PM - 4:55 PM Mind Matters: Enhancing Physical Health through Mental Wellness**
Lara Shirikjian, DO — Psychiatrist & Clinical Investigator, Harbor UCLA Medical Center
- 5:00 PM - 5:20 PM Why Sleep Matters**
Talene Churukian, DO — Sleep Medicine Specialist
- 5:20 PM - 6:00 PM Transformative Breathwork**
Liana Moon — Breathwork Specialist
- 6:00 PM Discussion Q & A**