



**Armenian American Medical Society
2nd Annual Healthcare Professional Wellness
Symposium**

October 26, 2024
Waldorf Astoria Monarch Beach Resort & Club
Avalon Ballroom

7 CME or 7 CDE

AAMS
P.O. Box 32
Glendale, CA 91209
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CME Planning Committee & Moderators

(In alphabetical order)

2024 CME Planning Committee Disclosures

****Vicken Sepilian, MD, FACOG**
CME Planning Committee, Chair

****Arsinee Kalfayan, PharmD**
CME Quality Improvement Chair

****Garni Barkhoudarian, MD**
CME Planning Committee | President, AAMS

CME Planning Committee Members:

***Sherwin Hariri, MD, FAAAAI, FACAAI**

***Hasmik Keyribarian**

***Armond Kotikian, DDS, MD, FACS**

****Gregory Nikogosyan, MD**

***Arthur Ohannessian, MD**

****Astkhik Zakian, PharmD**

***The above listed individuals have no relevant financial relationship(s) with ineligible companies to disclose**

****Garni Barkhoudarian, MD is a consultant for Ceravasc Inc.**

****Arsinee Kalfayan, PharmD owns Moderna stocks**

****Gregory Nikogosyan, MD is a CME writer for American Physician Institute; Owner of Mora Mind LLC, and received a relief fund grant from SAMHSA**

****Vicken Sepilian, MD, FACOG is a shareholder of Merck Pharmaceuticals and Organon Pharmaceuticals**

****Astkhik Zakian, PharmD is an employee of CarelonRx**

*****All the relevant financial relationships listed for these individuals have been mitigated.***

AGENDA

9:30 AM – Registration

10:00 AM – 10:15 AM — Welcome & Introduction of Program

*Talar Tejrjian, 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

12:45 PM – 1:05 PM — Why Sleep Matters

*Talene Churukian, DO — Sleep Medicine Specialist

1:05 PM – 1:35 PM — Dance Fitness Session (Armenian Zumba)

*Tigran Grigoryan — Certified Personal Trainer and Licensed Zumba Dance Instructor

1:35 PM – 2:30 PM — Wellness Lunch, Laughter is Wellness with Comedian Mary Basmadjian as Vartoush

2:30 PM – 2:40 PM – Merck

2:45 PM – 3:05 PM — Cardiac Benefits of Wellness

*Harry Balian, MD, FACC, FSCAI — Interventional & Nuclear Cardiologist

3:10 PM – 3:30 PM — Heartbeat Sound Bath Meditation

*Chutney Berry — Kundalini Yoga and Meditation Teacher

3:35 PM – 3:55 PM — Wellness Leadership: Mobilizing Health Professionals to Lead the Charge

*Nicholas Tavoukjian, MS, PhD — Candidate in Rehabilitation & Movement Science

4:00 PM – 4:25 PM — EFT Tapping

*Liza Boubari, CCHt, CSMc — Hypnotherapy and Stress Management

4:25 PM – 4:40 PM — Rejuvenation Pause

4:40 PM – 5:00 PM — Quality of Life: Anti-Aging Hormone Replacement Therapy Training

*Mardiros Mihranian, MD — General Surgeon

5:05 PM – 5:25 PM — Mind Matters: Enhancing Physical Health through Mental Wellness

*Lara Shirikjian, DO — Psychiatrist & Clinical Investigator, Harbor UCLA Medical Center

5:25 PM – 6:05 PM — Transformative Breathwork

*Liana Moon — Breathwork Specialist

6:05 PM – Discussion Q & A

Participant and Spouse/Partner Disclosure Statements / Conflict of Interest Policy

Program participants are required to disclose commercial and financial relationships with manufacturers of pharmaceuticals, laboratory supplies, and medical devices and with commercial providers of medically related services. Unless otherwise noted below, the participants have nothing to disclose.

**Harry Balian, MD, FACC, FSCAI

*Chutney Berry

*Liza Boubari, CCHt, CSMc

*Talene Churukian, DO

*Tigran Grigoryan

*Mitch L. Martens, MA

*Mardiros Mihranian, MD

*Liana Moon

**Lara Shirikjian, DO

*Nicholas Tavoukjian, MS, PhD

**Harry Balian is on the speaker's bureau of Edwards Lifesciences and Abbott Structural

**Dr. Lara Shirikjian, presenter for this educational event, is on the speaker's bureau of Janssen / J & J, Boehringer Ingelheim and Axsome.

***The above-listed individuals disclose no relevant financial relationships with commercial interests.*

***All of the relevant financial relationships listed for these individuals have been resolved.*

2024 Conflict of Interest Policy for Invited Speakers

As a provider of continuing medical education (CME) accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Armenian American Medical Society must ensure balance, independence, objectivity and scientific rigor in all its educational activities. All presenters must disclose to the learners any commercial or financial interest and/or other relationships with manufacturers of pharmaceuticals, laboratory supplies and/or medical devices. All relationships, whether or not they directly relate to this CME activity, must be disclosed. All non-FDA approved uses of products must be clearly identified. Disclosures may be made in the form of slide, printed material or an oral statement.

The intent of this disclosure is not to prevent a speaker with a commercial or financial interest from making a presentation. The intent rather is to assist the Armenian American Medical Society (AAMS) in resolving conflicts of interest and to provide learners with information on which they can make their own judgments regarding any bias. Although AAMS reviews and resolves potential conflicts of interest, it remains for the audience to determine whether the speaker's interest or relationships may influence the presentation with regard to exposition or conclusion.

Speakers should also reveal to the learners any "off label" uses (not approved by the FDA) of any drugs or products discussed.

Accreditation Statement

- The AAMS is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.
- The AAMS designates these live and enduring material educational activities for a maximum of 7-hour(s) *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in these live and enduring material activities.
- The AAMS is accredited by the Dental Board of California provider #5112 to provide continuing dental education. The AAMS designates these live educational activities for maximum of (7) hours of Continuing Dental Education.

Continuing medical education is a lifelong learning modality enabling physicians to remain current with medical advances. The goal of AAMS is to design educational activities that provide learners with the tools needed to practice the best medicine and provide the most current care to patients.

As an accredited CME provider, AAMS adheres to the Essentials and Policies of the California Medical Association (CMA). CME activities now must first, address specific, documented, clinically important gaps in physician knowledge, competence or performance, second, be documented to be effective at increasing physician knowledge, skill or performance, and third, conform to the CMA Standards for Commercial Support.

AAMS must not only obtain complete disclosure of commercial and financial relationships pertaining to medicine but also resolve any perceived conflicts of interest. All speakers and the organizers in the Scientific Program have completed disclosures of commercial and financial relationships with manufacturers of pharmaceuticals, laboratory supplies and medical devices and with commercial providers of medically related services. The disclosures were reviewed by the CME Committee for Standards of Commercial Support of the AAMS CME Committee, which resolved perceived potential conflicts of interest.

ADA Statement

The AAMS fully complies with the legal requirements of the ADA and the rules and regulations thereof. Accommodations for Disabilities: please notify the AAMS if reasonable accommodation of a disability is needed.

Disclaimer Statement

The content and views presented in this educational activity are those of the speaker/authors and do not necessarily reflect those of the AAMS. This material is prepared based upon a review of multiple sources of information, but it is not exhaustive of the subject matter. Therefore, healthcare professionals and other individuals should review and consider other publications and materials on the subject matter before relying solely upon the information contained within this educational activity to make clinical decisions about individual patients.

All authors, editors, reviewers, contributors, publishers, and licensors of the clinical information are not responsible for the completeness or accuracy of the clinical information for any errors, omissions, or the application of the clinical information, or for any consequences arising therefrom.

EDUCATIONAL NEEDS & OBJECTIVES

EDUCATIONAL NEEDS

1. **Healthcare Burnout and Self-Care:** Many healthcare professionals experience high levels of stress and burnout, so offering a weekend focused on wellness and self-care is crucial for mental and physical rejuvenation.
2. **Holistic Wellness:** The diverse range of activities (e.g., Sound Bath, Kundalini Yoga, Armenian Zumba, EFT Tapping) reflects a growing interest in holistic approaches to wellness, indicating a need for varied, non-traditional health practices.
3. **Networking and Collaboration:** Designed by colleagues for colleagues, this event fulfills a need for peer support, collaboration, and sharing of best practices, especially in relation to personal and professional wellness.
4. **Preventive Health Education:** The emphasis on topics like sleep, mental health, heart health, and physical longevity demonstrates the importance of preventive care, especially for healthcare providers who often neglect their own well-being.
5. **Personalized Care for Providers:** The inclusion of individual treatments from wellness specialists highlights the need for healthcare providers to receive the same level of care they offer their patients.

Through these elements, the symposium addresses the need for comprehensive wellness strategies that healthcare professionals often seek but don't always prioritize in their demanding schedules.

ACKNOWLEDGMENTS – SPEAKERS

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Nicholas Tavoukjian, MS, PhD

Thank you for your unwavering dedication and invaluable contributions to advancing the health and well-being of our community. Your commitment to improving lives and fostering a healthier, stronger future for all is deeply appreciated and truly commendable.

ACKNOWLEDGEMENTS

Gold Exhibitor

Merck

Silver Exhibitors

Comprehensive Community Health Centers
Ironwood Pharmaceuticals

Exhibitors

Adventist Health Glendale
Custom Probiotics
Minoru Home Care
NekSpine

The AAMS extends its heartfelt gratitude to all our exhibitors for their participation in the 2nd Annual Healthcare Professional Wellness Symposium. Your involvement plays a crucial role in the success of this event, helping to enhance the educational experience for our attendees. We sincerely appreciate your support and look forward to continued collaboration in the future.