

# Medical Fitness Midwest Summit

June 22-23, 2023

Hancock Wellness Center, New Palestine, IN



## Thursday, June 22

8:30 AM - 8:55 AM	Registration and Networking		
8:55 AM - 9:00 AM	Day 1 Kickoff	David Flench, President & CEO	Medical Fitness Association
9:00 AM - 9:50 AM	Keynote Speaker, Session 1: <b>How Healthcare Can Utilize Medical Fitness to Meet Their Goals</b>	Doug Ribley, President	Douglas A. Ribley & Associates
9:50 AM - 10:05 AM	Networking Break		
10:05 AM - 11:00 AM	Session 2A: <b>The Graying of America Opportunity for Medical Fitness: Senior Programming to Improve Health Outcomes &amp; Member Acquisition</b>	Michael Stack, CEO & Clinical Professor	Applied Fitness Solutions & University of Michigan
10:05 AM - 11:00 AM	Session 2B: <b>This is Total MS! Total Multiple Sclerosis: Understanding MS and Exercise Research Support</b>	Beth Brooks, Physical Therapist	Total HealthWorks
11:00 AM - 11:10 AM	Networking Break		
11:10 AM - 12:00 PM	Session 3A: <b>Becoming Essential: Establishing Health and Fitness Professionals as an Essential Part of the Health Ecosystem</b>	Francis Neric, Associate Vice President of Certification and Credentialing	American College of Sports Medicine
11:10 AM - 12:00 PM	Session 3B: <b>The Misunderstanding of Exercise for those with Autism</b>	David Geslak, President & Founder	Exercise Connection
12:00 PM - 1:10 PM	Lunch, sponsored by <b>OLC Architecture, Interiors &amp; Aquatics</b>		
1:10 PM - 1:40 PM	Facility Tours		
1:40 PM - 2:00 PM	Experience sessions (pick one, advance registration preferred, guest waiver required): <b>Skillrun; Group Cycle; Yoga</b>		
1:40 PM - 2:00 PM	Experience sessions (pick one, advance registration preferred, guest waiver required): <b>Technogym Skill; Pure Strength; Basics of CrossFit</b>		
2:00 PM - 2:10 PM	Transition Time		
2:10 PM - 2:30 PM	Experience sessions (pick one, advance registration preferred, guest waiver required): <b>Skillrun; Group Cycle; Yoga</b>		
2:10 PM - 2:30 PM	Experience sessions (pick one, advance registration preferred, guest waiver required): <b>Technogym Skill; Pure Strength; Basics of CrossFit</b>		
2:30 PM - 3:00 PM	Freshen Up & Networking Break		
3:00 PM - 3:50 PM	Session 4A: <b>Expanding Your Wellness Reach Outside Your Walls</b>	Richard Gershom, Director of LifeStyles and Community Access & Wellness	Cleveland Clinic Akron General
3:00 PM - 3:50 PM	Session 4B: <b>CrossFit™ in Medical Fitness</b>	Cody Baker, Fitness Supervisor; Seth Sigman, Fitness Supervisor; Sarah Hurst, Exercise Specialist	Hancock Wellness Centers, McCordsville & New Palestine
3:50 PM - 4:05 PM	Networking Break		
4:05 PM - 4:10 PM	Industry Partner Presentation	Jason Jones, Key Account Manager	Technogym
4:10 PM - 5:00 PM	Featured Speaker, Session 5: <b>The Infrastructure of Well-Being: How Medical Fitness Delivers for the Business of Healthcare and the Health of Communities</b>	Joel Hungate, Director of Hancock Well-Being and Employer Strategy	Hancock Health
5:00 PM - 5:30 PM	Day 1 Closing Comments, Networking Break, and Transition Time		
5:30 PM - 7:00 PM	Social Networking Event, sponsored by <b>Technogym</b>		

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## Friday, June 23

6:00 AM - 8:50 AM	Early Morning Workouts: Hancock Wellness Center is available to use on your own (guest waiver required)		
8:50 AM - 8:55 AM	Day 2 Kickoff	David Flench, President & CEO	Medical Fitness Association
8:55 AM - 9:00 AM	Industry Partner Welcome	Hervey Lavoie, President	OLC Architecture, Interiors & Aquatics
9:00 AM - 9:50 AM	Keynote Speaker, Session 6: <i>Movements in Nature</i>	Dr. Melissa Sundermann, Lifestyle Medicine Physician	Canyon Ranch
9:50 AM - 10:10 AM	Networking Break		
10:10 AM - 11:00 AM	Session 7A: <i>The Innovation Funnel: How to Effectively Use Your Team's Creativity to Foster Growth</i>	Garren Harter, General Manager & Ciara Nienhaus, General Manager	Hancock Wellness Centers, Greenfield & McCordsville
10:10 AM - 11:00 AM	Session 7B: <i>Exercise Programming Following Invasive Abdominal/Thoracic Surgery</i>	Dr. Tim Mead, Associate Professor	University of St. Thomas (MN)
11:00 AM - 11:20 AM	Networking Break		
11:20 AM - 12:10 PM	Featured Speakers, Session 8: <i>The Urgent Need for a Comprehensive Behavior Science System in Wellness Practices: A Call to Action</i>	Dr. Janine Stichter & Scott Schutte, Owners	Healthy Behavior Institute
12:10 PM - 12:15 PM	Closing Remarks	Mariann Murphy, Vice President	Medical Fitness Association
1:00 PM - 3:00 PM	Optional post-conference facility tours at the other 2 Hancock Wellness Centers in Greenfield and/or McCordsville available (travel on your own)		

### THANK YOU TO OUR EVENT SPONSORS!

