Join our Community of Healers at the Integrative Health & Medicine Virtual Conference of the Year!

DISCOUNTED EARLY BIRD AND MEMBER RATES AVAILABLE!

Register Now

Online Virtual Event  October 9–11, 2020  aihm.org/conference  #AIHM2020
Inspiring Learning, Collective Wisdom & Transformative Action

Join us as we bring together thought leaders to engage in powerful conversation through a highly interactive learning experience, designed to unlock our collective wisdom.

This is a time of unprecedented shift.
All major breakthroughs have followed a period of human suffering; today is no exception. The death of George Floyd, the COVID-19 pandemic and the stark reality of inequity and healthcare disparities has mobilized millions of people around the world to stand against racism, fight for climate justice and demand health care as a human right.

Are you ready to be part of this dialogue?
AIHM 2020 is more than a conference; it is a *movement*. It is a call to action for all health care providers to come together to envision a world where healthcare is a human right, prevention is the best intervention and racial disparities are a thing of the past.

We at the AIHM have stepped forward to explore the ways in which structural racism has woven itself into our institutional body and the larger bodies of Integrative health and healthcare in general. This year’s conference will highlight the science of healing, transformative models of care, climate justice and for the first time ever, host crucial conversations around systemic racism and equity in healthcare.

Join us as we bring together thought leaders to engage in powerful conversation through a highly interactive learning experience, designed to unlock our collective wisdom. Our facilitated learning spaces will provide the opportunity for meaningful conversation and deep introspection. We are excited about hearing your input, as we engage in collective reflection and solution-building, with a focus on racism and inequity in healthcare. Discover the power and joy of being part of this inspirational and transformative community experience as you deepen your knowledge about integrative health and medicine.

*AIHM 2020 is designed to ignite inspiration and accelerate action at this pivotal time. It is our time to be the change we want to see!*
These outstanding speakers are chosen for their expertise and leadership in integrative health and medicine. To view the full program and speaker lineup, visit aihm.org/conference.
# EVENT PROGRAM

**Friday, October 9, 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6–8 am</td>
<td>Visit Virtual Exhibit Hall, View E-Posters &amp; Networking</td>
</tr>
<tr>
<td>7–7:30 am</td>
<td>Morning Movement</td>
</tr>
<tr>
<td>7:45 am</td>
<td>Welcome &amp; Opening Ceremony</td>
</tr>
<tr>
<td>8:00 am</td>
<td>Health Disparities Leadership Panel Forum &amp; Discussion &amp; Declaration (FILM)</td>
</tr>
<tr>
<td>8:45 am</td>
<td>Exploring the Perceptual Framework Underpinning Racist &amp; Anti-Racist Worldviews&lt;br&gt;<strong>Scarlet Soriano, MD, ABIHM</strong></td>
</tr>
<tr>
<td>9:25 am</td>
<td>History of Medicine &amp; the Disparity of Cardiovascular Disease&lt;br&gt;<strong>Richard Allen Williams, MD</strong></td>
</tr>
<tr>
<td>10:05 am</td>
<td>Visit Virtual Exhibit Hall, View E-Posters &amp; Networking</td>
</tr>
<tr>
<td>10:40 am</td>
<td>Cognitive Decline &amp; Brain Health&lt;br&gt;<strong>Dale Bredesen, MD</strong></td>
</tr>
<tr>
<td>11:20 am</td>
<td>Women’s Health in the Era of Inequity, Discrimination &amp; Oppression&lt;br&gt;<strong>Melinda Ring, MD, FACP, ABOIM</strong></td>
</tr>
<tr>
<td>12:00 pm</td>
<td>Meal Break, View Virtual Exhibit Hall &amp; Networking</td>
</tr>
<tr>
<td>12:50 pm</td>
<td>Leading Well from Within to Inspire Learning, Collective Wisdom &amp; Transformative Action&lt;br&gt;<strong>Daniel Friedland, MD</strong></td>
</tr>
<tr>
<td>1:30 pm</td>
<td>How Practitioners Navigate the Health Care System as Leaders in the Integrative Medicine Field&lt;br&gt;<strong>Lori Knutson, RN, BSN, HNB-BC</strong></td>
</tr>
<tr>
<td>2:10 pm</td>
<td>Visit Virtual Exhibit Hall, View E-Posters &amp; Networking</td>
</tr>
<tr>
<td>2:45 pm</td>
<td>Lessons Learned from the VA: Evaluating the Impact of Whole Health on a Health System Level&lt;br&gt;<strong>Benjamin Kligler, MD, MPH</strong></td>
</tr>
<tr>
<td>3:25 pm</td>
<td>Facilitated Roundtable Discussions (Audience Experiential)&lt;br&gt;Facilitated breakout groups on race and equity that create a safe space to share, contribute, and begin to transform healthcare.&lt;br&gt;<strong>Veronica Anderson Dedegbe, MD, IFMCP</strong>&lt;br&gt;<strong>I Jean Davis-Hatcher, PhD, DC, PA, MSCR</strong>&lt;br&gt;<strong>Yvette Miller, MD, BSN, MSPM, ADS, ABIHM</strong>&lt;br&gt;<strong>Scarlet Soriano, MD, ABIHM</strong>&lt;br&gt;<strong>Rachel Carlton Abrams, MD, MHS, ABOIM</strong></td>
</tr>
<tr>
<td>4:25 pm</td>
<td>Adjournment</td>
</tr>
</tbody>
</table>
Saturday, October 10, 2020

6–8 am  Visit Virtual Exhibit Hall, View E-Posters & Networking

7–7:30 am  Morning Movement

7:45 am  Daily Welcome

8:00 am  **HIV in Communities of Color**  
*I Jean Davis-Hatcher, PhD, DC, PA, MSCR*

8:40 am  **Integrative Oncology & CBD**  
*Moo Shing Ni, DOM, PhD, LAc*

9:20 am  Visit Virtual Exhibit Hall, View E-Posters & Networking

9:55 am  **Conquering Challenges: How to Develop Grit, Mental Toughness, Persistence and Resilience in Yourself & Your Patients**  
*Veronica Anderson Dedegbe, MD, IFMCP*

10:35 am  **Integrative Pain Management**  
*Christine Goertz, DC, PhD*

11:15 am  Meal Break, View Virtual Exhibit Hall & Networking

12:05 pm  **Telomere Regeneration – The Secret of Health & Longevity**  
*Norman Shealy, MD, PhD*

12:45 pm  **Integrative Cardiology: Clinical Pearls in Addressing Disparities**  
*Shaista Malik, MD*

1:25 pm  Visit Virtual Exhibit Hall, View E-Posters & Networking

2:00 pm  **When Psychedelics Will Transform Mental Health Care**  
*Scott Shannon, MD, ABIHM*

2:40 pm  **Racial Healing**  
*Gail Christopher, DN*

3:20 pm  **Facilitated Roundtable Discussions (Audience Experiential)**  
Facilitated breakout groups on race and equity that create a safe space to share, contribute, and begin to transform healthcare.  
*Veronica Anderson Dedegbe, MD, IFMCP*  
*I Jean Davis-Hatcher, PhD, DC, PA, MSCR*  
*Yvette Miller, MD, BSN, MSPM, ADS, ABIHM*  
*Scarlet Soriano, MD, ABIHM*  
*Rachel Carlton Abrams, MD, MHS, ABOIM*

4:20 pm  Adjournment
EVENT PROGRAM

Sunday, October 11, 2020

6–8 am  Visit Virtual Exhibit Hall, View E-Posters & Networking

7:30–8 am  Morning Movement

8:15 am  Daily Welcome

8:30 am  The Best Botanical Research of 2020
  Tieraona Low Dog, MD

9:10 am  Declaration of the Health of People, Health of Planet and Our Responsibility – Climate Change, Equity and Health
  Mimi Guarneri, MD, FACC, ABOIM

9:50 am  Visit Virtual Exhibit Hall, View E-Posters & Networking

10:25 am  The Effects of Racism, Trauma & Chronic Stress on Health
  Yvette Miller, MD, BSN, MSPM, ADS, ABIHM

11:05 am  Facilitated Roundtable Discussions (Audience Experiential)
  Facilitated breakout groups on race and equity that create a safe space to share, contribute, and begin to transform healthcare.
  Veronica Anderson Dedegbe, MD, IFMCP
  I Jean Davis-Hatcher, PhD, DC, PA, MSCR
  Yvette Miller, MD, BSN, MSPM, ADS, ABIHM
  Scarlet Soriano, MD, ABIHM
  Rachel Carlton Abrams, MD, MHS, ABOIM

12:05 pm  Closing Ceremony & Panel & Sharing of Our Work

12:35 pm  Final Adjournment

Visit aihm.org/conference for program updates, presenter details, CME/CE hours and more. AIHM reserves the right to modify the virtual conference program.

Register Now
## Virtual Conference Registration Fees

<table>
<thead>
<tr>
<th>REGISTRATION CATEGORY</th>
<th>EARLY BIRD RATE</th>
<th>STANDARD RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIHM Member</td>
<td>$150</td>
<td>$200</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$200</td>
<td>$250</td>
</tr>
<tr>
<td>Full-Time Student &amp;</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Resident AIHM Member**</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Early Bird Rates end August 15, 2020 at 11:59pm PT  
** Students must be enrolled full-time in an academic program

## Attendee Registration, Cancellations & Refund Policy

Conference registration fees are refundable, minus a $25 processing fee, if your cancellation is received in writing no later than Tuesday, October 6, 2020. Cancellations must be received in writing no later than 10 am PT on Tuesday, October 6, 2020, to be eligible for a refund less the $25 processing fee. Conference registration is non-transferable.

Failure to log in to the broadcast with no prior written cancellation will result in complete forfeiture of conference registration fees. Conference materials are available only to participants. Just as is the case with our in-person conference, participation is limited to the paid registrant. Log-in information is unique and cannot be shared.

Cancellation requests must be received via email: mtwohy@aihm.org. AIHM will reply with a written acknowledgement. AIHM reserves the right to modify the conference schedule or program as necessary. AIHM also reserves the right to cancel this conference, in which case a full refund of the registration and/or exhibit fees will be provided.
Learn from the Leaders in Integrative Health & Medicine

- Evidence-based integrative health & medicine education
- More than 20 professions are eligible to apply
- Connect with like-minded practitioners and providers
- ABOIM-approved 2-year hybrid Fellowship

Learn more about the AIHM Fellowship

Stop by the virtual AIHM booth during the conference to meet the Fellowship team and find out how to connect with current Fellows and alumni.
AIHM Members Save on Conference Registration!

About AIHM
The Academy of Integrative Health & Medicine (AIHM) is a global interprofessional integrative health association working to transform health care—body, mind, spirit, community and planet.

AIHM Membership
As an AIHM member, you join the leading professional body for integrative health and medicine that unites annually at our People, Planet, Purpose Conference, weekly for our Wellness Webinars, and throughout the year via our online Member Community Site and Chapter and Student Alliance events.

Membership Options
Become a Partner in Healthcare Transformation

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>MD / DO</td>
<td>$345/year</td>
</tr>
<tr>
<td>Other Licensed / Certified Practitioner</td>
<td>$195/year</td>
</tr>
<tr>
<td>Non-clinical Health Professional</td>
<td>$100/year</td>
</tr>
<tr>
<td>Full-Time Student or Resident</td>
<td>$50/year</td>
</tr>
<tr>
<td>Supporter</td>
<td>$199/year</td>
</tr>
<tr>
<td>Retired</td>
<td>$99/year</td>
</tr>
</tbody>
</table>

Select Membership & Join Today
Career Center Job Postings
Looking for an integrative health and medicine provider to join your team? AIHM Members receive complimentary job postings in our Career Center.

Find a Provider Directory
An interprofessional directory for patients searching for an integrative health care provider or for colleague referrals. AIHM members receive a free listing in this valuable resource.

Conference Discount
Members receive a discounted rate to attend the AIHM Annual People, Planet, Purpose Conference.

Free & Discounted CME eLearning
Members receive free and discounted eLearning.

Integrated Connections
A health care placement and consulting firm that specializes exclusively in the field of integrative and functional medicine, connecting practitioners to career opportunities. AIHM Members receive free tips and resources for candidates to grow a career and for employers to grow their staff.

Certificate of Membership
AIHM members receive a certificate of membership that can be updated annually with membership renewal.

DrJournalClub Discount
DrJournalClub is a comprehensive resource for clinicians to help them better understand, interpret, and ultimately, utilize clinical research. AIHM members receive a 30% discount on DrJournalClub membership plans.

Discounted Magazine Subscriptions & Free Journal Access
AIHM Members receive discounted magazine subscription rates to Yoga Journal and Clean Eating magazine, plus FREE journal access to Advances in Mind Body Medicine, Integrative Medicine: A Clinicians Journal, and Alternative Therapies in Health and Medicine.

Pharmacca Integrative Pharmacy Discount
AIHM members receive 10% off purchases in any Pharmacca retail store.

AIHM Marketing Guide
Receive our Integrative Health Marketing guide FREE! Learn the tools to build a marketing strategy and effectively promote your integrative health practice.
AIHM Chapters & AIHM Student Alliance

Connect with your local chapter.

With over 100 groups globally advancing collaboration at the local level, AIHM Chapters and Student Alliance are helping to shape the future of health care on our planet. To join an existing group or to request a new group in your area, please contact us for more information.

Click on a location below to join a Facebook group:

INTERNATIONAL
Auckland, New Zealand
Brazil
Brisbane, QLD
Cairo, Egypt
Colombia
Melbourne, VIC
San José, Costa Rica
Sydney, NSW
Toronto, ON
Vancouver, BC

UNITED STATES
Anchorage, AK
Birmingham, AL
Little Rock, AR
Phoenix, AZ
Tucson, AZ
Irvine, CA
Los Angeles, CA
Oakland, CA
Pasadena, CA
Sacramento, CA
San Diego, CA
San Francisco, CA
San Jose, CA
Santa Barbara, CA
Santa Cruz, CA
Santa Rosa, CA
Whittier, CA
Boulder, CO
Castle Rock, CO
Denver, CO
Durango, CO
Bridgeport, CT
Washington, DC
Dover, DE
Gainesville, FL
Jacksonville, FL
Miami, FL
Orlando, FL
Pensacola, FL
Atlanta, GA
Honolulu, HI
Maui, HI
Davenport, IA
Boise, ID
Chicago, IL
Indianapolis, IN
Northeast, KS
Louisville, KY
New Orleans, LA
Boston, MA
Baltimore, MD
Augusta, ME
Portland, ME
Southeast, MI
Traverse City, MI
Minnesota Holistic Medicine Group
St. Louis, MO
Jackson, MS
Missoula, MT
Asheville, NC
Chapel Hill, NC
Charlotte, NC
Bismarck, ND
Omaha, NE
Concord, NH
Morristown, NJ
Santa Fe, NM
Carson City, NV
Las Vegas, NV
New York City, NY
Rochester, NY
Yonkers, NY
Cleveland, OH
Cincinnati, OH
Columbus, OH
Oklahoma City, OK
Tulsa, OK
Portland, OR
Danville, PA
Philadelphia, PA
Pittsburgh, PA
Providence, RI
Columbia, SC
Greenville, SC
Sioux Falls, SD
Memphis, TN
Nashville, TN
Austin, TX
Dallas, TX
Houston, TX
San Antonio, TX
Salt Lake City, UT
Alexandria, VA
Richmond, VA
Montpelier, VT
Seattle, WA
Spokane, WA
Wenatchee, WA
Milwaukee, WI
Charleston, WV
Casper, WY
Guam
Puerto Rico

AIHM Student Alliance
ACCREDITATION & DISCLOSURE

Earn up to 16 AMA PRA Category 1 Credits™

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and the Academy of Integrative Health & Medicine. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of California, Irvine School of Medicine designates this internet live course for a maximum of 16 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure: Full disclosure information for all those in control of CME content will be provided in advance of the activity.

Visit aihm.org/conference for current CME/CE credit information and updates.
ACKNOWLEDGMENTS

Planning Committee

Rachel Carlton Abrams, MD, MHS, ABOIM
I. Jean Davis-Hatcher, PhD, DC, PA, MSCR
Daniel Friedland, MD
Mimi Guarneri, MD, FACC, ABOIM
Brad Jacobs, MD, MPH, ABOIM

William Meeker, DC, MPH
Yvette Miller, MD, BSN, MSPM, ADS, ABIHM
Stephan A. Nobs, CHTP
Tabatha Parker, ND
Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I

Scarlet Soriano, MD, ABIHM
Lucia Thornton, ThD, MSN, RN, AHN-BC
Meredith Twohy

Thank You to our 2020 Sponsors

emerson ecologics | wellevate | SCU