

WILDERNESS AND WELLNESS CME CONFERENCE 2022

September 13 – 16, 2022

MOHONK MOUNTAIN HOUSE | NEW PALTZ, NY

This three-and-a-half-day conference will focus on wilderness medicine while promoting your own wellness. How nature affects body, mind, and spirit will be explored at Mohonk Mountain House in New York's beautiful Shawangunk mountains. Participants will learn to care for patients in the wild or with injuries and diseases that occurred there. Offering a minimum of 16 AOA Category 1-A and AMA PRA Category 1 CME credits, this program is open to licensed health care providers.

The conference begins on Tuesday, September 13, 2022 at 4:30 p.m. and will conclude on Friday, September 16, 2022 at 3 p.m. Guests are welcome to enjoy the grounds and activities prior to and following the conference.

Who Should Attend: Physicians, Physician Assistants, and Medical Educators.

CONFERENCE REGISTRATION

Register: nyit.edu/wilderness

Conference Fee: \$425 per person

Includes admission to conference lectures, CME credits, and refreshments during the conference. Registration fee is non-refundable after July 2, 2022 unless the conference is cancelled. Space is limited.

Optional Workshop: \$25 per person

Single-day fee: \$170

For anyone attending the conference but not staying at the hotel, there is a hotel fee of \$170 per day, which provides for refreshments during the conference, lunch, and use of the facilities. This fee is in addition to the conference registration fee of \$425.

CME CREDITS

New York Institute of Technology College of Osteopathic Medicine (NYITCOM) is accredited by the American Osteopathic Association (AOA) to provide osteopathic medical education to physicians. NYITCOM anticipates this program will provide a minimum of 16 AOA Category 1-A or AMA PRA Category 1 CME credits and will report CME credits commensurate with the extent of the physician's participation in this activity.

HOTEL ACCOMMODATIONS

Single Room: \$470/night

Double Room: \$710/night

State and local taxes are additional. Please note that the hotel no longer charges an administrative fee, and gratuities are not expected.

Additional daily charges will apply for each additional person as follows:

- Children under 4: free
- Children 4 to 12 years old: \$170 per person
- Adults & Children 13 years and over: \$250 per person

Rates are all-inclusive and per night. Nightly room rate includes overnight accommodations, meals (dinner, breakfast, and lunch), daily tea and cookies, and access to Mohonk's historic grounds, trails, and most activities. The discounted hotel rates are available until August 13, 2022 or when the group block is sold out. Conference attendees may extend their stay at the discounted hotel room rate, pending room availability. Check-in time is 4 p.m.; check-out time is noon. Luggage may be secured with the Mohonk Mountain House staff for early arrivals/late departures.

To Make Hotel Reservations:

Upon registration to the conference, you will receive an email confirmation that will include the hotel reservation information and a discount code.

SPEAKERS AND TOPICS

Gerard Baltazar, D.O.
Attending Surgeon
NYU Langone Hospital-Long Island
How Nature Can Heal Trauma

Adam Bitterman, D.O.
Assistant Professor of Orthopaedic Surgery
Donald and Barbara Zucker School of
Medicine at Hofstra/Northwell
**Lower Extremity Injuries in the
Wilderness: Orthopaedic Treatment
101-Setting Out On the Right Foot**

William Blazey, D.O.
Associate Dean, Academic Affairs;
Associate Professor, Family Medicine
NYIT College of Osteopathic Medicine
It's Getting Hot Out There

Andrea Coladner, D.O.
Assistant Professor, Family Medicine/
Center for Sports Medicine
NYIT College of Osteopathic Medicine
Lessons Learned from the Blue Zones

Robert Dawson
NYS Forest Ranger, Division of
Forest Protection, Department
of Environmental Conservation
Wilderness Search and Rescue

Amanda Deel, D.O.
Assistant Professor and Associate Dean,
Academic Affairs/Clinical Education
NYIT College of Osteopathic
Medicine-Jonesboro
Yoga: Ancient Wisdom/Modern Medicine

Jeffrey Goldberg, D.O.
Chairman of Behavioral Health
NYC Health + Hospitals/Coney Island
**Narrative Medicine: A Wellness
Poetry Workshop**

Regina Hammock, D.O.
Vice Chair, Emergency Department
Woodhull Medical and Mental Health Center
Drownings and Lightning Injuries

Matthew Heller, D.O.
Assistant Professor, Family and Sports
Medicine Department, and Team Physician
NYIT College of Osteopathic Medicine
Animal Bites and Stings

Jennifer Maccagnano, D.O.
Assistant Professor, Clinical
Specialties, Clinical Sciences
NYIT College of Osteopathic Medicine
A Journey Through the Wild

Jayne Mancini, Ph.D., D.O.
Assistant Professor, Osteopathic
Manipulative Medicine
NYIT College of Osteopathic Medicine
**Practice Guidelines for Wilderness
Cold Injuries-with Clinical Vignette**

Anu Raj, Psy.D.
Assistant Professor, Family Medicine
NYIT College of Osteopathic Medicine
**Wilderness, Mental Health and
Physician Self-care**

Lillie Rosenthal, D.O.
Private Practice
Physical Medicine and Rehabilitation
Plant-Powered Pain Management

Jeffrey Spitzer, M.D.
Attending Physician, New York Eye and Ear
Infirmary of Mount Sinai
Eye Issues in the Wilderness

Kenneth Steier, D.O.
Executive Dean
Touro College of Osteopathic Medicine
HAPE and Altitude Sickness

KEYNOTE

Christopher M. Teddeschi, M.D.
Associate Professor of Emergency
Medicine & Director of Disaster
Preparedness, Columbia University
Medical Center; Attending, Emergency
Department, New York Presbyterian Hospital
Wilderness Medicine for All of Us

NYITCOM reserves the right to adjust the program
if necessary. Topics, presentation titles and session
times could change.

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