



# POMA District VIII 39th Annual Educational Winter Seminar

January 22-25, 2026 In-Person Seven Springs Mountain Resort, Seven Springs, PA  
Virtual Options Available

Earn up to 24 Category 1-A AOA CME Credits and 24 AMA PRA Category 1 Credits™

## – Tentative Schedule – Subject to Change –

DAY 1 – THURSDAY, JANUARY 22, 2026		
MEETING TIMES (EST)	TOPIC	SPEAKER
1:00 PM – 7:30 PM	Registration Open • Exhibits Open	
1:45 PM – 2:00 PM	Opening Remarks	Gene Battistella, DO
2:00 PM – 3:00 PM	Cancer Screening – Task Force Updates (PS)	Jessica Masser, DO
3:00 PM – 4:00 PM	Abnormal CBC	John Waas, DO
4:00 PM – 4:30 PM	Break • Visit Exhibits	
4:30 PM – 5:30 PM	Time Management	Amber Fedin, DO
5:30 PM – 6:30 PM	Orthopedics – Referrals and Alternative Treatment	Cathleen McGonigle, DO
6:30 PM – 7:30 PM	Orthopedic Injections	Jacob DiCesare, DO
7:30 PM – ???	Family Social in Exhibit Hall	

DAY 2 – FRIDAY, JANUARY 23, 2026		
MEETING TIMES (EST)	TOPIC	SPEAKER
7:00 AM	Morning Wellness Walk – Meet at District 8 Registration Desk	
7:30 AM – 4:30 PM	Registration Open • Breakfast in Exhibit Hall	
8:00 AM – 9:00 AM	Updates in Pediatric Ophthalmology & Adult Strabismus	Lea Ann Lope, DO
9:00 AM – 10:00 AM	Palliative Pain & Difficult Conversations w/Elderly Patients (OP)	Dina Dosch, DO
10:00 AM – 11:00 AM	Diabetes – Update Guidelines (PS)	Karen Selk, DO
11:00 AM – 11:30 AM	Break • Visit Exhibits	
11:30 AM – 12:30 PM	Atrial Fibrillation	Bassel Sayegh, MD
12:30 PM – 1:30 PM	Alcohol Use Disorder (PS)	Michael Lynch, MD
1:30 PM – 2:30 PM	Hosted Lunch Break with Exhibitors	
2:30 PM – 4:30 PM	OMM Workshop (Optional Workshop)	Kevin Thomas, DO; Cathleen McGonigle, DO
5:30 PM – 6:00 PM	New & Military Member Reception • Winterberry Room	
6:00 PM – 7:30 PM	District VIII Reception (open to all attendees, exhibitors and families) • Winterberry Room	

DAY 3 – SATURDAY, JANUARY 24, 2026		
MEETING TIMES (EST)	TOPIC	SPEAKER
7:00 AM	Morning Wellness Walk – Meet at District 8 Registration Desk	
7:30 AM – 4:45 PM	Registration Open • Breakfast in Exhibit Hall	
8:00 AM – 10:00 AM	Mandated Reporter Training for Suspected Child Abuse (CA)	Amanda Shellenberger
10:00 AM – 11:00 AM	Beyond the Chart: How Patients' Jobs Shape Their Health	Regan Shabloski, DO
11:00 AM	First 100 Registrants Prize Drawing	
11:00 AM – 11:30 AM	Break • Visit Exhibits	
11:30 AM – 12:30 PM	Colon Cancer	William Wismer, DO
12:30 PM – 1:30 PM	New Trends in Substance Use	Jennifer Hammers, DO
1:40 PM – 2:40 PM	Break • POMA District VIII Member Meeting	
2:45 PM – 4:45 PM	Ultrasound Workshop (Optional Workshop)	Jacob Turnbull, DO

DAY 4 – SUNDAY, JANUARY 25, 2026		
MEETING TIMES (EST)	TOPIC	SPEAKER
7:00 AM	Morning Wellness Walk – Meet at District 8 Registration Desk	
7:30 AM – 1:30 PM	Registration Open • Breakfast in Lecture Room	
8:00 AM – 9:00 AM	AI and Billing/Coding (PS)	Victor Prisk, MD
9:00 AM – 10:00 AM	Comprehensive Pediatric Preventive Screening Update (PS)	Joseph Aracri, DO
10:00 AM – 10:30 AM	Break	
10:30 AM – 11:30 AM	Navigating GLP-1 Therapy: Managing Side Effects and Risks	Noor Khan, MD
11:30 AM – 12:30 PM	Psychiatry – Emerging Trends in Pharmacotherapy	Courtney Baker, DO
12:30 PM – 1:30 PM	From Burnout to Balance: The Culture & Leadership Shift	Caitlin Matthis, DO
1:30 PM	Closing Remarks & Survivor Drawing (must be present to win)	Gene Battistella, DO

***Note, this agenda and educational topics are subject to change.***

#### **ACCREDITATION**

The Pennsylvania Osteopathic Medical Association (POMA) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. POMA designates this live activity for a maximum of 24 Category 1-A AOA CME credits and will report CME credits to the AOA commensurate with the extent of the physician's participation in this activity.

The Pennsylvania Osteopathic Medical Association (POMA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. POMA designates this live activity for a maximum of 24 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The POMA District VIII 39th Annual Educational Winter Seminar has been planned and implemented in accordance with the accreditation requirements and policies of the AOA Council on Continuing Medical Education and the ACCME. Attendees can earn 1 CME credit for every 60 minutes of educational time.