

SAGAMORE RESORT | BOLTON LANDING, NY

# NYITCOM WELLNESS SUMMIT

October 23–26

## The Path to Wellness: Integrating Physicians, Institutions and Public Policy for Sustainable Healthcare

*This 3½-day conference will focus on exploring the intricate dimensions of physician and healthcare provider wellbeing, encompassing individual self-care and the broader healthcare system infrastructure. Expect engaging presentations on stress management, burnout prevention, resilience-building, organizational culture, and systemic interventions aimed at cultivating a healthier healthcare environment. Participants will have the opportunity to take part in dynamic lectures, workshops, and group discussions that will offer insights into optimizing individual and institutional health. Stay tuned for further details as we endeavor to drive positive change within the healthcare ecosystem.*

The conference begins on Wednesday, October 23, at approximately 2 p.m. (ET) and concludes on Saturday, October 26, at 1 p.m. In addition to lectures and workshops, there will be several wellness activities and entertainment. Guests are welcome to enjoy the resort's scenic grounds and activities prior to and following the conference.

**Who Should Attend:** Physicians and other licensed healthcare providers, institutional leaders, and healthcare administrators.

**Speakers and Topics:** A complete program including lectures, workshops, and events will be posted as soon as available.

### CONFERENCE REGISTRATION

**Register:** [nyit.edu/medicine/nyitcom\\_wellness\\_summit\\_form](https://nyit.edu/medicine/nyitcom_wellness_summit_form)

**Registration Fee:** \$749\*

Includes conference lectures, workshops, wellness activities, exhibits, refreshment breaks, and some meals. Registration fee is nonrefundable after August 9, unless the conference is canceled. Space is limited.

**Adirondack Camp Dinner at the Lake:** \$100 per person

An optional lakeside dinner for conference attendees and their guests will be held in the Bayview dining space on Friday, October 25.

**Racing Hall of Fame Museum Tour and Reception:** \$100 per person

An optional dinner at the National Museum of Racing and Hall of Fame with access to the museum's exhibits and galleries, as well as a presentation and the opportunity to interact with a Hall of Fame jockey.

\* NYITCOM alumni and Catholic Health System employees are eligible for a discounted registration rate of \$725.

### HIGHLIGHTED SPEAKERS

**Catherine Florio Pipas, M.D., M.P.H.**, professor in Community and Family Medicine at the Dartmouth Institute for Health Policy and Clinical Practice, and Geisel School of Medicine.

**Michael Moskowitz, D.O.**, system vice president of Clinical Resilience and Wellbeing for Catholic Health.

**Arthur Klein, M.D.**, executive advisor to the dean of NYITCOM, with previous roles as president of the Mount Sinai Health Network, executive vice president of Mount Sinai Hospital, and executive vice president of the Icahn School of Medicine.

**Marie A. Basile, M.D., M.B.A.**, clinical assistant professor at Renaissance School of Medicine at Stony Brook and associate director of the Center for Medical Humanities, Compassionate Care and Bioethics.



Disclaimer: NYITCOM makes every effort to ensure that speakers at NYITCOM-sponsored programs are knowledgeable authorities in their field. Attendees are nevertheless advised that the statements and opinions expressed are those of the speakers, not NYITCOM. Products and services exhibited by companies or organizations other than NYITCOM are not endorsed by NYITCOM.



## HOTEL ACCOMMODATIONS

*The Sagamore Resort is a luxury hotel with more than 140 years of history. With award-winning dining, immersive outdoor activities, and a magnificent waterfront location, this historical gem embodies the theme of wellness.*

Conference attendees can choose from accommodations in the Sagamore's historical 1883 hotel or its lake-view lodges with private balconies or patios. Both offer modern luxury while celebrating the Sagamore's rich heritage.

As a conference registrant, you have access to NYITCOM's discounted room rates. Once your registration is submitted, you will receive a confirmation email containing the NYITCOM group code and instructions on how to make your room reservation. The discounted room rates are available until September 23 or when the group block is sold out.

Check-in time is 4 p.m. Check-out time is noon.

ROOM STYLE	LOCATION	ROOM RATE*
Lodge Buildings 4 through 7	Room – Standard View	\$269/night
	Suite – Lake View	\$319/night
Hotel Rooms	Standard view	\$339/night
	Lake view	\$379/night

\*Nightly room rates include overnight accommodations and are subject to a resort fee of \$35 per room per day. This resort fee includes: complimentary parking; two bottles of water per room, per day; wireless internet in hotel guest rooms and public spaces where available; access to the fitness center, the REC, tennis courts, and indoor pool; complimentary cruise rides on the Sagamore's boat, the Morgan; nightly turndown service upon request; and most of the resort's daily activities. For each additional person (over two people) ages 19+ sharing a room, there is an additional room charge of \$30 per person, per day.

**RESERVE BY  
SEPTEMBER 23**

Rooms within our block are available on a first-come, first-served basis, so please make your reservation early.

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