

## Medical Fitness Summit - Central Region

June 19-20, 2025

Owensboro Health Healthpark

1006 Ford Avenue, Owensboro KY 42301



### Thursday, June 19

8:00 AM	-	8:30 AM	Registration and Networking		
8:30 AM	-	8:45 AM	Opening Address & Industry Partner Welcome	David Flench, President & CEO Mark Marsh, CEO	Medical Fitness Association Owensboro Health
8:45 AM	-	9:45 AM	<b>Session 1A:</b> Engaging Individuals in a Prediabetes Integrated Exercise & Education Program	Ann Simmons, RDN, LD Shelby Shelby, MS, RDN, LD, CDCES Heather Durall, Fitness Coach	Owensboro Health Healthpark
8:45 AM	-	9:45 AM	<b>Session 1B:</b> Optimized Nutrition for Active Aging	Raina Childers-Richmond, Director of Partner Success	Health One
9:45 AM	-	10:10 AM	Networking Break		
10:10 AM	-	11:00 AM	<b>Session 2A:</b> EIM Revolutionizing Cancer Care	Dr. Karen Wonders, PhD, FACS, CEO & Founder	Maple Tree Cancer Alliance, Wright State University
10:10 AM	-	11:00 AM	<b>Session 2B:</b> Community Outreach & the Importance of Partnerships	Dr. James Tidwell	Owensboro Health
11:00 AM	-	11:10 AM	Networking Break		
11:10 AM	-	12:00 PM	<b>Session 3 - Keynote:</b> Age-Friendly Care in the Healthcare Setting and Outpatient Continuum of Care	Dr. Andrew Collins, DO, Geriatrician Jason Anderson - Mgr of Fitness, Healthpark	Owensboro Health
12:00 PM	-	1:30 PM	Lunch & Networking		
1:30 PM	-	2:20 PM	<b>Breakout Roundtables:</b> Members: Recruit & Retain; Group Exercise; Health System Integration; Creative Revenue Streams; & Marketing Promotion Efforts		
2:20 PM	-	2:30 PM	Networking Break		
2:30 PM	-	3:20 PM	<b>Session 4:</b> Resistance Training	Dr. Andrew Mock, MD, MPH, FACLM, DipABLM Physician, MFA Board Member	Loma Linda University
3:20 PM	-	3:30 PM	Networking Break		
3:30 PM	-	4:20 PM	<b>Session 5:</b> Lifestyle Medicine Panel	Dr. Scott Black, Physician and Clinical Dir. Dr. Greg Howard, Board Certified Lifestyle Medicine Kelly Freeman, Dir. of Workforce Development	University of Kentucky Health Service, MHP Lifestyle Medicine, American College of Lifestyle Medicine
4:20 PM	-	4:30 PM	Networking Break		
4:30 PM	-	4:50 PM	<b>Session 6:</b> Medical Fitness Facility Certification & MFA Leadership Opportunities	David Flench, President & CEO	Medical Fitness Association
4:50 PM	-	5:00 PM	Day 1 Closing Comments	Mariann Murphy, Vice President Andy Graham, Sales Director	Medical Fitness Association
5:30 PM	-	6:30 PM	Facility Tour		
6:30 PM	-	8:30 PM	Join your colleagues for networking this evening at the Miller House, 301 East 5th St, Owensboro, heavy hors d'oeuvres & social		

### Friday, June 20

6:00 AM	-	8:00 AM	Early Morning Workouts: Owensboro Health Healthpark		
8:30 AM	-	8:45 AM	Day 2 Kickoff	Mariann Murphy, Vice President Andy Graham, Sales Director	Medical Fitness Association
8:45 AM	-	9:45 AM	<b>Session 7 - Keynote:</b> Exercise, Obesity Management Medications, and Comprehensive Care: Updates & Programming Strategies	Dr. Renee Rogers, Senior Scientist/Consultant & Strategist	University of Kansas Medical Center/ IDEAL Consulting
9:45 AM	-	10:10 AM	Networking Break		
10:10 AM	-	11:00 AM	<b>Session 8A:</b> AI for Pre & Post Surgical Care: Understanding this Potential Niche Market	Beth Brooks MPT, Founder/CEO	Made4Movement, LLC
10:10 AM	-	11:00 AM	<b>Session 8B:</b> Shared Medical Visits	Kelly Freeman, Dir. Of Workforce Development	American College of Lifestyle Medicine
11:00 AM	-	11:10 AM	Networking Break		
11:10 AM	-	12:00 PM	<b>Breakout Roundtables:</b> Members: Recruit & Retain; Group Exercise; Health System Integration; Creative Revenue Streams; & Marketing Promotion Efforts		
12:00 PM	-	12:10 PM	Closing Remarks	David Flench, President & CEO	Medical Fitness Association