

Medical Fitness Summit - Central Region

June 19-20, 2025
Owensboro Health Healthpark
1006 Ford Avenue, Owensboro KY 42301



Thursday, June 19

7:30 AM - 8:00 AM	Registration and Networking		
8:00 AM - 8:10 AM	Welcome Address	Mark Marsh, CEO	Owensboro Health
8:10 AM - 8:30 AM	Opening Address, Sponsors & Industry Partner Welcome	David Flench, President & CEO	Medical Fitness Association
8:30 AM - 9:20 AM	Session 1: 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
9:20 AM - 9:30 AM	Networking Break		
9:30 AM - 10:20 AM	Session 2: Optimized Nutrition for Active Aging	Raina Childers-Richmond, Director of Partner Success	Health One
10:20 AM - 10:30 AM	Networking Break		
10:30 AM - 11:20 AM	Session 3: EIM Revolutionizing Cancer Care	Dr. Karen Wonders, PhD, FACSM, CEO & Founder	Maple Tree Cancer Alliance, Wright State University
11:20 AM - 11:30 AM	Networking Break		
11:30 AM - 12:20 PM	Session 4 - Keynote: Age-Friendly Care in the Healthcare Setting and Outpatient Continuum of Care	Dr. Andrew Collins, DO, Geriatrician Jason Anderson - Mgr of Fitness, Healthpark Ronda Rodgers, Dir. of Nursing Development	Owensboro Health
12:20 PM - 1:30 PM	Lunch, Networking & Industry Partner Welcome		
1:30 PM - 2:20 PM	Session 5: Community Outreach & the Importance of Partnerships	Dr. James Tidwell Collette Carter, Ed.D, FMFA, Director of the Healthpark	Owensboro Health
2:20 PM - 2:30 PM	Networking Break		
2:30 PM - 3:20 PM	Session 6 - Breakout Roundtables: Members: Recruit & Retain; Group Exercise; Health System Integration; Creative Revenue Streams; & Marketing Promotion Efforts		
3:20 PM - 3:30 PM	Networking Break		
3:30 PM - 4:20 PM	Session 7: Resistance Training	Dr. Andrew Mock, MD, MPH, FACLM, DipABLM Physician, MFA Board Member	Loma Linda University
4:20 PM - 4:30 PM	Networking Break		
4:30 PM - 5:20 PM	Session 8: Lifestyle Medicine Panel	Dr. Scott Black, Physician and Clinical Dir. Kelly Freeman, Dir. of Workforce Development	University of Kentucky Health Service, American College of Lifestyle Medicine
5:20 PM - 5:30 PM	Day 1 Closing Comments & Industry Partner Welcome	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	Social Event - 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 at Owensboro Health Healthpark		
8:00 AM - 8:15 AM	Day 2 Kickoff	Mariann Murphy, Vice President Andy Graham, Sales Director	Medical Fitness Association
8:15 AM - 9:15 AM	Session 9 - Keynote: Exercise, Obesity Management Medications, and Comprehensive Care: Updates & Programming Strategies	Dr. Renee Rogers, Senior Scientist/Consultant & Strategist	University of Kansas Medical Center/ IDEAL Consulting
9:15 AM - 9:30 AM	Networking Break		
9:30 AM - 10:20 AM	Session 10: AI for Pre & Post Surgical Care: Understanding this Potential Niche Market	Beth Brooks MPT, Founder/CEO	Made4Movement, LLC
10:20 AM - 10:30 AM	Networking Break		
10:30 AM - 11:20 AM	Session 11: Shared Medical Visits	Kelly Freeman, Dir. Of Workforce Development	American College of Lifestyle Medicine
11:20 AM - 11:30 AM	Networking Break		
11:30 AM - 12:20 PM	Session 12 - Breakout Roundtables: Members: Recruit & Retain; Group Exercise; Health System Integration; Creative Revenue Streams; & Marketing Promotion Efforts		
12:20 PM - 12:30 PM	Closing Remarks	David Flench, President & CEO	Medical Fitness Association