

Medical Fitness Summit - Midwest

June 10-11, 2026

Mount Carmel Fitness Center

7100 Graphics Way, Lewis Center, OH



Wednesday, June 10

12:00 PM - 1:00 PM	Registration and Networking		
1:00 PM - 1:30 PM	Opening Address & Industry Partner Welcome	David Flench, President & CEO	Medical Fitness Association
1:30 PM - 2:30 PM	Session 1 - Keynote: From Prescriptions to Partnerships: How Lifestyle Medicine Facilitates Clinical and Community Collaboration	Dr. Elisabeth Nogan	Mount Carmel
2:30 PM - 3:00 PM	Networking Break		
3:00 PM - 3:50 PM	Session 2a: Programs and Partnerships - Advancing Population Health Through Medically Integrated Fitness, Clinical Partnerships, and Sustainable Wellness Models	Josh Carlson & Blake Hamill	Power Wellness
3:00 PM - 3:50 PM	Session 2b: Supplement Safety: What to Know to Support Your Clients	Kylie Study	ProMedica
3:50 PM - 4:00 PM	Networking Break		
4:00 PM - 4:55 PM	Breakout Roundtables: Leveraging AI to Transform Medical Fitness; From Strategy to Execution: Optimizing Operations; Breaking Healthcare Integration Barriers in Medical Fitness; Marketing & Promoting the Medical Fitness Difference; GLP-1 & Exercise Recommendations <i>Bring your ideas, questions, or challenges to these sessions and be ready to share your advice and successes too!</i>		
4:55 PM - 5:00 PM	Day 1 Closing Comments	Mariann Murphy, Vice President	Medical Fitness Association
5:30 PM - 7:30 PM	Social Event at Pins Mechanical Co. at 6558 Riverside Drive, Dublin, OH		

Thursday, June 11

5:00 AM - 8:00 AM	Early Morning Workouts: visit the Mount Carmel Fitness Center for a workout on your own		
7:00 AM - 8:00 AM	Tours of the Mount Carmel Fitness Center		
8:30 AM - 8:45 AM	Day 2 Kickoff	Mariann Murphy, Vice President	Medical Fitness Association
8:45 AM - 9:45 AM	Session 3 - Emotional Intelligence Basics	Bill Shannon	Auburn University
9:45 AM - 10:00 AM	Networking Break		
10:00 AM - 10:50 AM	Session 4a: Exercise Is Not Just Personal Responsibility: Integrating Social and Commercial Determinants of Health into Medical Fitness Programming	Dr. Natalie Grinvalds	Applied Fitness Solutions
10:00 AM - 10:50 AM	Session 4b: Therapeutic Applications of Yoga for Healing Trauma	Holly Jones & Jason Bunding	Mount Carmel Fitness Center & OH Dept. of Developmental Disabilities
10:50 AM - 11:00 AM	Networking Break		
11:00 AM - 12:00 PM	Breakout Roundtables: Leveraging AI to Transform Medical Fitness; From Strategy to Execution: Optimizing Operations; Breaking Healthcare Integration Barriers in Medical Fitness; Marketing & Promoting the Medical Fitness Difference; GLP-1 & Exercise Recommendations <i>This is your opportunity to tap into the experience of other industry professionals on these hot topics.</i>		
12:00 PM - 1:00 PM	Networking & Lunch Break		
1:00 PM - 1:50 PM	Session 5: Unlocking the Power of Culture to Amplify your Programs	Sarah Hurst/Seth Sigman/Jonie Wynn	Hancock Health
1:50 PM - 2:00 PM	Networking Break		
2:00 PM - 2:50 PM	Session 6 - Keynote: Don't Let Your Business Become the Headline: Protecting Your Medical Fitness Organization from Breaches, Fraud & Compliance Failures	Geiger Lee	Jonas
2:50 PM - 3:00 PM	Summit Wrap Up	David Flench	Medical Fitness Association
3:00 PM - 3:30 PM	Tours of the Mount Carmel Fitness Center		