



May 13, 2016	Location	IHI Contemporary Insights for Optimizing Health Conference
7:30 am – 8:30 am	Bernard Snell Hall Lower Foyer	Registration
8:30 am	Bernard Snell Auditorium	Opening Remarks: Dr. Sunita Vohra Traditional Aboriginal Ceremony: Clifford Cardinal Greetings: Honourable Sarah Hoffman, Deputy Premier of Alberta, Minister of Health; Deb Gordon, VP & Chief Health Operations Officer Northern Alberta, AHS; Dr. Glen Baker, Associate VP Research, University of Alberta.
9:00 am – 9:50 am	Bernard Snell Auditorium	Could Integrative Approaches to Health Bend the Cost Curve? Dr. Patricia Herman
9:50 am – 10:00 am	Bernard Snell Auditorium	Break
10:00 am– 11:30 am	Bernard Snell Auditorium	TED-style talks and panel discussion: Dr. Richard Fedorak, Dr. Glenda MacQueen, Dr. Linda Carlson, Dr. Catherine Field, Dr. Bryan Kolb
11:30 am -12:20 pm	Bernard Snell Auditorium	Dr. Roger's Prize Lecture: Mindfulness to Address Chronic Stress and Burnout: An Educational Imperative! Dr. Adi Haramati
12:20 pm -12:30 pm	Bernard Snell Auditorium	Mindfulness Exercise with Dr. Catherine Phillips
12:30 pm – 1:45 pm	Bernard Snell Hall Lower Foyer	Lunch, networking and poster session (1-1:45)
1:45- 2:00 pm	Assemble in Lower Foyer	Walk to workshops
2:00 pm – 3:30 pm	*Location Change (i) ECHA 2-190* (ii) ECHA L1-190* (iii) Bernard Snell Auditorium	Concurrent workshops: (i) Learner wellness (ii) Aboriginal, traditional, indigenous wellness (iii) Self-care in chronic disease
3:30 pm – 4:00 pm	Reassemble in Auditorium	Break
4:00 pm – 5:00 pm	Bernard Snell Auditorium	Effective Self-Care for Chronic Disease Management Dr. Mimi Guarneri
5:00 pm	Bernard Snell Auditorium	Closing remarks: Dr. Sunita Vohra Honorable Marlin Schmidt, Minister of Advanced Education Chancellor Ralph Young, University of Alberta Dr. Wendy Rodgers, Deputy Provost, University of Alberta