

SCHEDULE

SCRUBS & HEELS LEADERSHIP SUMMIT 2026

SCRUBS &
HEELS

CO-FOUNDERS:
DR. ANITA AFZALI
DR. ALINE CHARABATY

CO-CHAIRS:
DR. SANDRA QUEZADA
DR. BAHAMOSHIREE



APRIL 17TH | **APRIL 19TH**
Start **1:00 PM** | End **12:00 PM**

**OMNI PGA RESORT FRISCO
DALLAS - TEXAS**

Health and Wealth

**DAY
1**

FRIDAY APRIL 17TH, 2026

**8:00 AM
4:30 PM**

REGISTRATION AND CHECK-IN (Trevino Room)

Get your leadership book, Scrubs & Heels merch (including your hat), nutrition tips and samples from Amenta Nutrition, and shop for a cause with WorldClass clothing!

**1:00 PM
4:00 PM**

SHARED LEARNING: MEDICAL EDUCATION AND PROFESSIONAL DEVELOPMENT FOR HEALTH & WEALTH

Two concurrent sessions at 1:00 - 1:40 PM and at 1:45 - 2:25 PM and one general session on financial development)

**1:00 PM
1:40 PM**

A- IT DOESN'T HAVE TO BE INFLAMMATORY (Palmer A)

MedEd: Current guidelines in positioning IBD therapies - Dr. Katie Hutchins
ProfDev Panel: your guide to collaborative relationships with industry: from ad board to clinical trials (panelist will include industry partners) - Dr. Katie Hutchins, Dr. Jami Kinnucan, Dr. Tauseef Ali and Dr. Deborah Fisher

B- FOLLOW THAT GUT FEELING (Palmer B)

MedEd: Update on therapies for IBS - Dr. Neha Santucci
ProfDev Panel: Choose the right practice for you and your journey (private, academia, hybrid, industry, VA, locums) - Dr. Rina Sanghavi, Dr. Neha Santucci, Dr. Veronica Jarido, Dr. Esi Lamouse-Smith, Dr. Leybelis Padilla

**1:45 PM
2:25 PM**

A- GET THAT LUMP OFF YOUR CHEST (Palmer A)

MedEd: Update on EoE therapies - Dr. Joy Chang
ProfDev talk: Prep and ace your talk and presence on stage - Dr. Mariam Naveed with Dr. Aja McCutchen

B- GROWTH IS IN THE EYES OF THE BEHOLDER (Palmer B)

MedEd: It is not just about what your patients lose, it's about what health they re-gain: What you need to know about GLP1 and weight loss - Dr. Sapna Makhija
ProfDev Panel: It is not about what you gain, it's about how you grow: Build a specialized center or a program, and get your organization's buy in - Dr. Rashmi Advani, Dr. Daniela Guerrero Vinsard, Dr. Sapna Makhija, Dr. Tauseef Ali, Dr. Katie Hutchins

**2:50 PM
3:30 PM**

HANDS-ON INTERACTIVE (40 min. session): (Palmer A)

"LIVING RICH: ALIGNING YOUR MONEY WITH WHAT MATTERS MOST" - Dr. Latifat Akintade

EXHIBITORS HALL VISIT Complete the S&H Passport (Ryder Cup Ballroom West Foyer)

**4:00 PM
4:30 PM**

INVEST IN YOU Professional Development sessions for Health & Wealth
(complimentary, pre-registration required)

A- Invest in your Endo health: Resistance Exercise Class - Dr. Daniela Guerrero Vinsard
(Ryder Cup Lawn)

B- Find power in your style: ProjectBee Dress for Success Workshop
Beverly Osemwenkhae (Palmer A)

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C- Discover your inner wealth: Meet the coach: all the tools you need for health & wealth are inside of you - **Dr. Neena Abraham, Dr. Dawn Sears (Palmer B)**

D- Nutrition as Self-Care: Taking Care of Yourself, So You Can Take Better Care of Your Patients (importance of nutrition, meal hygiene [meal timing, spacing, environment], nutrition at work, our top tips and tricks to make life easier) - **Christine Randazzo Kirschner, RD and April Panitz, RD (Palmer C)**

6:00 PM
8:00 PM

WELCOME RECEPTION, SOIRÉE EN BLANC (Ryder Cup Ballroom South Foyer and Terrace)

6:30 PM
7:00 PM

KEYNOTE AND GUEST AUTHOR SPEAKER AND BOOK SIGNING: "THE POWER TO CHOOSE: LEADERSHIP, FREEDOM & OWNING YOUR STORY" Dr. Latifat Akintade
(Ryder Cup Ballroom South Foyer and Terrace)

7:00 PM
8:00 PM

RECEPTION AND CELEBRATION OF SNH 5 YEAR ANNIVERSARY: SCRUBS2HEELS FASHION SHOW (Ryder Cup Ballroom South Foyer and Terrace)

DAY 2

SATURDAY APRIL 18TH, 2026

7:00 AM
7:30 AM

COMPLIMENTARY FITNESS CLASS Dr. Daniela Guerrero Vinsard (Ryder Cup Lawn)

7:00 AM
8:30 AM

BREAKFAST (Ryder Cup Ballroom E-H)

8:30 AM
8:45 AM

SCRUBS&HEELS LEADERSHIP SUMMIT (Ryder Cup Ballroom A-D)

WELCOME AND INTRODUCTIONS
DR. ANITA AFZALI and DR. ALINE CHARABATY

8:45 AM
9:05 AM

SESSION I: YOU DON'T HAVE TO BE RICH TO BE WEALTHY MODERATOR: DR. BAHA MOSHIREE

The four types of investments for a wealthy life - **Dr. Latifat Akintade**

9:05 AM
9:25 AM

Don't just climb the ladder: Open its access for an equitable health system
Dr. Sandra Quezada

9:25 AM
9:45 AM

Stepping away to step forward into a healthy & wealthy life - **Dr. Linda Nguyen**

9:45 AM
10:10 AM

PANEL DISCUSSION: How to Re-define and invest in your health & wealth goals to optimize career satisfaction - **Dr. Latifat Akintade, Dr. Sandra Quezada, Dr. Linda Nguyen, Dr. Dawn Sears**

10:10 AM
10:25 AM

BREAK AND EXHIBITOR HALL VISIT Complete the S&H Passport

10:25 AM
10:45 AM

SESSION II: EFFECTIVE STRATEGIES TO DESIGN A CAREER ALIGNED WITH YOUR HEALTH AND WEALTH VALUES MODERATOR: DR. SANDRA QUEZADA

Pivoting is the new path for career growth - **Dr. Baha Moshiree**

10:45 AM
11:05 AM

Setting boundaries to protect your mental health and expand your professional wealth - **Sonia Narang**

11:05 AM
11:25 AM

Negotiate like a pro and set yourself up for health & wealth - **Dr. Jami Kinnucan**

11:25 AM
11:45 AM

PANEL DISCUSSION: Diversify your professional and financial assets: womenpreneurship and more - **Dr. Baha Moshiree, Sonia Narang, Dr. Jami Kinnucan, Dr. Anjuli Luthra, Dr. Aja McCutchen**

11:50 AM
12:20 PM

SIMULTANEOUS SESSIONS FOR EITHER TRAINEES OR PRACTICING PROFESSIONALS

TRAINEES' SESSION: S&H Ambassadors with the support of our Professional Coaches (Palmer A)
PRACTICING GIs' SESSION: Takeda Keynote Speaker (Ryder Cup Ballroom A-D)

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12:20 PM
1:15 PM

LUNCH Complete the S&H Passport (**Ryder Cup Ballroom E-H and Ryder Cup Ballroom West Foyer**)

SESSION III: TAKING CARE OF BUSINESS: INVESTING IN THE HEALTH AND WEALTH OF THE COLLECTIVE TO TRANSFORM THE FIELD OF GI (**Ryder Cup Ballroom A-D**)

MODERATORS: DR. ANITA AFZALI and DR. ALINE CHARABATY

1:20 PM
1:30 PM

Break the Glass Ceiling Award Recipient Announcement

1:30 PM
1:50 PM

Build a business model and negotiating power for the health and wealth of the collective - **Dr. Kimberly Zibert**

1:50 PM
2:10 PM

Purpose Under Pressure: Optimizing Impact When Everything Is Changing - **Dr. Darrell Gray**

2:10 PM
2:30 PM

Strategic thinking in medicine: How clinicians can navigate complex health systems to establish a successful career and impactful leadership - **Dr. Tauseef Ali**

2:30 PM
3:00 PM

PANEL DISCUSSION: From patient and community care to system change: Creating alliances and leveraging your leadership role for the health and wealth of others
Dr. Kimberly Zibert, Dr. Darrell Gray, Dr. Tauseef Ali, Dr. Sandra Quezada, Dr. Baha Moshiree

3:00 PM
3:30 PM

It's Hot and We Will Flash It: Facts, Myths & What Every Woman Should Know about perimenopause and menopause - **Dr. Karen Adams**

3:30 PM
4:00 PM

SESSION IV: OPTIONAL PRE-ARRANGED ONE-ON-ONE OR SMALL GROUP MEETINGS WITH (SIGN UP AT EXHIBIT BOOTH/TABLES)

- Industry Partners
- Professional Coaches
- GI Societies and Organizations
- Women-trepreneurs
- Apparel Partners

7:00 PM

LEADERSHIP DINNER AND BOOTS & BLING GALA (**Panther Creek Pavilion**)

DAY 3

SUNDAY APRIL 19TH, 2026

7:00 AM
7:50 AM

BREAKFAST (**Ryder Cup Ballroom E-H**)

8:00 AM
8:05 AM

CONCLUDING REMARKS AND SAVE THE DATE 2027
DR. ANITA AFZALI and DR. ALINE CHARABATY

8:05 AM
8:20 AM

MATRIX MENTORSHIP PROGRAM

A 5-year journey of personal and professional growth - **Dr. Dawn Sears**

8:25 AM
9:00 AM

SESSION V: NO SHRINKING ALLOWED, ONLY GROWTH (**Ryder Cup Ballroom A-D**)

We don't have imposter phenomenon and we are not asking for too much: How to push back on the tall poppy syndrome (10-15 min.) - **Dr. Rina Sanghavi**

PANEL DISCUSSION: Moderator: **Dr. Rina Sanghavi**
Panelist: **Dr. Dawn Sears, Sonia Narang and Dr. Neena Abraham**

9:10 AM
11:00 AM

BREAKOUT SESSIONS (30 min. each session, faculty rotate rooms)

A-Optimizing the return on your investment: Tackling the unique financial challenges women face - **Dr. Latifat Akintade and Dr. Dawn Sears (Palmer A)**

B-From plant-based diet to loading up on proteins, weight lifting or cardio: Where is the truth for women's and our patients' health - **Dr. Sapna Makhija and Amenta Nutrition team (Palmer B)**

C-Protecting your wealth: From Crypto to Financial Coaching - **Dr. Anjali Luthra and Dr. Leybelis Padilla (Palmer C)**

11:00 AM

ADJOURN