

SCHEDULE

SCRUBS & HEELS LEADERSHIP SUMMIT 2026

SCRUBS &
HEELS

CO-FOUNDERS:
DR. ANITA AFZALI
DR. ALINE CHARABATY
CO-CHAIRS:
DR. SANDRA QUEZADA
DR. BAHIA MOSHIREE



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 WorldCl*ss 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)

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

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

7:30 AM
8:00 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. BAHIA 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)

SCHEDULE

SCRUBS & HEELS LEADERSHIP SUMMIT 2026



12:20 PM 1:15 PM	LUNCH Complete the S&H Passport (Ryder Cup Ballroom E-H and Ryder Cup Ballroom West Foyer)
1:20 PM 1:30 PM	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)
1:30 PM 1:50 PM	MODERATORS: DR. ANITA AFZALI and DR. ALINE CHARABATY Break the Glass Ceiling Award Recipient Announcement 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) <ul style="list-style-type: none"> • 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
9:10 AM 11:00 AM	PANEL DISCUSSION: Moderator: Dr. Rina Sanghavi Panelist: Dr. Dawn Sears, Sonia Narang and Dr. Neena Abraham 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. Anjuli Luthra and Dr. Leybelis Padilla (Palmer C)
11:00 AM	ADJOURN