

BALANCE IN MOTION

2026 STUDENT WELLNESS RETREAT

Saturday, April 18

Oregon Garden Resort

9:30 Registration opens

10:00 Welcome, *Orchid Room*

10:15 Wellness Check-In

10:35 Session I

Speed Mentoring, *Orchid Room*

Breiana Brooks, PA-C
Patsy Chenpanas, MD
Kristina Cordes, MD, MPH
Bob Dannenhoffer, MD
Mary McCarthy, MD
Sam Metz, MD
John Moorhead, MD
Bud Pierce, MD, PhD
Reva Ricketts-Loriaux, DO
Heather Tonga, PA-C, MHA

Therapy Art, *Lotus Room*

Amy Jarvis, Relmagine Art

12:10 Lunch

1:00 Session II

Speed Mentoring, *Orchid Room*

Breiana Brooks, PA-C
Lewis Bradshaw, PA-C
Patsy Chenpanas, MD
Kristina Cordes, MD, MPH
Bob Dannenhoffer, MD
Mary McCarthy, MD
Sam Metz, MD
John Moorhead, MD
Bud Pierce, MD, PhD

Reva Ricketts-Loriaux, DO
Heather Tonga, PA-C, MHA

Therapy Art, Lotus Room

Amy Jarvis, ReImagine Art

2:30 Session III

State and National Legislation Update, Orchid Room

Courtnei Dresser,

Director of Government Relations, Oregon Medical Association

What's Next: Preparing for Residency and the Workplace, Trillium Room

Allison Abraham, DO

Julia Brown, PA-C

3:00 Room check-in available

3:40 Wellness Check-In, Orchid Room

4:00 Break

6:15 Cocktail Hour, Orchid Room

Dinner Buffet

Keynote: Dr. Archie Bleyer

Half Century Researching Healthcare

Door Prizes

Sunday, April 19

7-10:00 Breakfast buffet, Garden View Restaurant

8:00 Vinyasa yoga, Trillium Room

Lorissa Addabbo, Common People Yoga

9:00 Oregon Garden opens

9:30 Gentle yoga, Trillium Room

Lorissa Addabbo, Common People Yoga

11:00 Room check-out time

11:00 Guided tour of the Oregon Garden

Tim Cramer