



# YPS

YOUNG  
PHYSICIANS  
SECTION

## Young Physicians Section (YPS) General Assembly

### PROGRAM

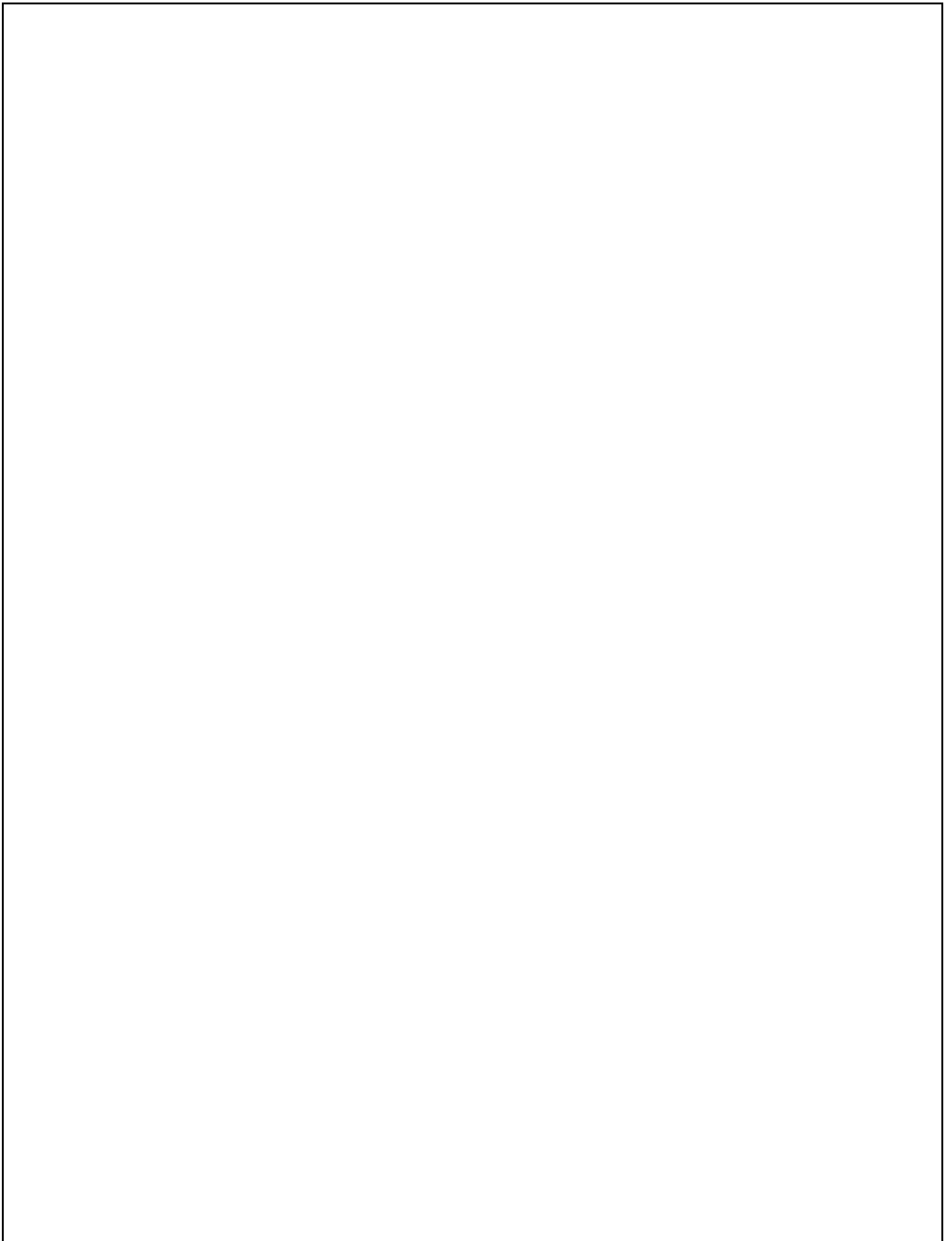
Monday, September 16, 2019 | 2:30 – 5:30 pm (CDT)

La Nouvelle Orleans Ballroom A/B | Ernest N. Morial Convention Center | New Orleans, LA

#### Business Meeting

(2:30 pm – 3:45 pm)

1. **Welcome and Remarks from the Chair** - Cristina Baldassari, MD, Chair
2. **Remarks from AAO-HNS/F Leadership**  
AAO-HNS/F 2019 – 2020 President – Duane J. Taylor, MD  
AAO-HNS/F 2020 – 2021 President – Carol R. Bradford, MD
3. **Remarks from the BOG Chair** – Ken Yanagisawa, MD
4. **Election of 2019 – 2020 YPS Governing Council and vote on By-Laws Modification** – Daniel C. Chelius Jr, MD, Immediate Past Chair
5. **Recognition of 2019 Model Mentor** – Yi-Chun Carol Liu, MD, Member-at-Large
6. **Review of 2019 YPS Initiatives and Working Group Projects** – Cristina Baldassari, MD, Chair
7. **Update on the YPS Practice Management Toolkit** – J. P. Giliberto, MD, Chair, Practice Management Task Force



## **First Annual YPS Wellness Fair**

**3:45 pm – 5:30 pm (CDT)**

*Welcome to the first annual YPS Wellness Fair. During the first 15 minutes of the program, each presenter will introduce themselves and their topics. Following introductions, there will be four sessions where you will have the opportunity to identify the presenters that appeal most to you and spend 15 minutes in a small group discussion before rotating on to the next presenter of your choice. Following the formal presentations at 5:30, you will still have some time to informally meet with anyone that you were unable to during the official program. Throughout the Wellness Fair, you will have the chance to win one of five \$100 AcademyU gift cards (must be present to win).*

### **Participants**

- Table 1:**        **Topic:** Using comedy to improve collaboration and promote stress relief.  
**TNM Theater**  
Tami Nelson, Conservatory Director/Instructor  
Website: TNMcomedy.com  
Email: [tnmnola@gmail.com](mailto:tnmnola@gmail.com)  
Phone: (512) 788-2669
- Table 2:**        **Topic:** Perinatal fitness, nutrition, and lactation support.  
**Mother Wit Maternity & Consulting Services**  
Tanya Tringali, MS, CNM, NASM Certified Personal Trainer, Crossfit Level 1 and Pregnancy & Postpartum Athleticism Coach, Founder  
Website: [www.motherwitmaternity.com](http://www.motherwitmaternity.com)  
Email: [tanya@motherwitmaternity.com](mailto:tanya@motherwitmaternity.com)  
Phone: (504) 252-0108
- Table 3:**        **Topic:** Nutrition  
**Food Therapy**  
Yvette Perrier Quantz, Registered Dietician  
Website: [www.foodtherapyonline.com](http://www.foodtherapyonline.com)  
Email: [yvette@foodtherapyonline.com](mailto:yvette@foodtherapyonline.com)  
Phone: (337) 739-3539
- Table 4:**        **Topic:** Yoga and mindfulness  
Rebecca Keel  
Email: [Rebeccakeel.12@gmail.com](mailto:Rebeccakeel.12@gmail.com)  
Phone: (347) 844-1902
- Table 5:**        **Topic:** Finance: Retirement and Investment  
**Retirement Plan Advisors**  
Colin Guarisco  
Website: [www.retirementplanadvisors.com](http://www.retirementplanadvisors.com)  
Email: [cguarisco@retirementplanadvisors.com](mailto:cguarisco@retirementplanadvisors.com)  
Phone: (504) 400-8260
- Table 6:**        **Topic:** Personal training and fitness  
**Ochsner Health System**  
Jennifer Wilk  
Website: [www.ochsner.org](http://www.ochsner.org)  
Email: [jennifer.wilk@ochsner.org](mailto:jennifer.wilk@ochsner.org)

**Table 7:**        **Topic:** Life Coaching: Achieving work-life balance, and setting and achieving your goals.  
**Living Wild and Precious Coaching**  
Carla Robertson, Life Coach  
Website: [www.livingwildandprecious.com](http://www.livingwildandprecious.com)  
Email: [carla@livingwildandprecious.com](mailto:carla@livingwildandprecious.com)  
Phone: (504) 507-0687

**Table 8:**        **Topic:** Finance: Disability, Life, Long-term Care Insurance  
**Physicians Thrive**  
Dave Swan, Wealth Advisor  
Website: [www.physiciansthive.com](http://www.physiciansthive.com)  
Email: [dave@physiciansthive.com](mailto:dave@physiciansthive.com)  
Phone: (877) 744-9474