

BWELL

Public Health SUMMIT

2026

May 1, 7:30am-4pm
Temple Theatre

Free Event, \$100 for 5.25 CME credits



Transforming Community Health

DESCRIPTION:

BWell Saginaw Summit 2026 offers two tracks – one for healthcare providers and another for the general public. Keynote speakers and breakout sessions will take a multi-faceted approach to Saginaw's top health priorities. There is something for everyone to learn, apply to patient care, adopt for healthier living, and work individually and collectively to improve Saginaw's wellbeing.

TARGET AUDIENCES:

1) Patient-facing provider community including physicians, advanced practice providers, nurses, and 2) Community members.

REGISTER



Scan the QR code or visit
<https://pci.jotform.com/form/260335384389162>

MORNING SESSIONS

7:30-8:20am

Registration/Breakfast

8:30-9:30am



**Christina Harrington, MPH, Health Officer,
Saginaw County Health Department**

From Assessment to Impact: Our Strategy for Community Health Transformation

9:40-10:40am



**Natasha Bagdasarian, MD, MPH,
Chief Medical Executive for the State of Michigan**

**Delicia Pruitt, MD, MPH, FAFP, Medical Director,
Saginaw County Health Department, Interim Chief
Executive Director, CMU Medical Education Partners**

Where Policy Meets Real Life: A Frank Conversation About
Medicaid Changes and How They Will Impact Our Community



10:50-11:50am



Samuel Shaheen, MD, President and CEO, Shaheen Development

Stronger Together: How Community Collaboration Impacts Health Outcomes

noon-1pm

BWell Champion Awards

(See next page for afternoon sessions.)

AFTERNOON BREAKOUT SESSIONS

	COMMUNITY HEALTH	WOMEN & CHILDREN'S HEALTH	BEHAVIORAL HEALTH / SUBSTANCE USE	OBESITY / CHRONIC DISEASE
1pm-1:50pm	<p>Mamie Thorns, PhD, Chief Diversity Officer, Saginaw Valley State University</p> <p>Implicit Bias in Healthcare: Recognizing It, Reducing It, Repairing Trust</p> <p>IMPLICIT BIAS CREDIT AVAILABLE</p>	<p>Renee Sundstrom, DO, Obstetrics & Gynecology, CMU Health</p> <p>Menopause Explained: Symptoms, Science, and Solutions</p> <p>COMMUNITY/NO CME CREDIT</p>	<p>Michael Ingram, MD, Psychiatry, Great Lakes Bay Health Centers</p> <p>Practical Strategies for Substance Use Disorder Care: A Psychiatric Perspective for HealthCare Providers</p> <p>CME</p>	<p>Brandon Elliott, MD, Obesity Medicine & Metabolic Wellness Clinic</p> <p>Muscle Preservation Strategies During Weight Reduction: How Medication, Nutrition, Physical Activity and Sleep Work Together</p> <p>COMMUNITY/NO CME CREDIT</p>
2pm-2:50pm	<p>Nicholas Haddad, MD, Infectious Disease, CMU Health</p> <p>Advisory to Action: Implementing the Latest Immunization Guidance</p> <p>CME</p>	<p>Shanna Hensler, Region 5 Perinatal Quality Collaborative Lead</p> <p>Infant Mortality Update: A Powerful Indicator of Our Community's Health, Stability and Future Success</p> <p>COMMUNITY/NO CME CREDIT</p>	<p>Kathy Dollard, Director of Behavioral Health, MyMichigan Health</p> <p>Panel Discussion: Continuum of Care in Action: Recovery, Peer Support, and Aligned Community Services</p> <p>COMMUNITY/NO CME CREDIT</p>	<p>Dr. Dafina Allen, MD, Wise Weight Management</p> <p>Advances in Obesity Care: Evidence-Based Eating Plans and Treatment Strategies</p> <p>COMMUNITY/NO CME CREDIT</p>
3pm-3:50pm	<p>Steven Frazier, Director of Quality and Patient Safety, MyMichigan Health</p> <p>Jenna Bernson, MD, MyMichigan Health</p> <p>Scott Ross, MD, MyMichigan Health</p> <p>Healthcare Without Walls: Increasing Access through Team-Based Care</p> <p>COMMUNITY/NO CME CREDIT</p>	<p>Nikita Roy, MD, Child & Adolescent Psychiatry, CMU Health</p> <p>Abishek Bala, MD, MPH, Child & Adolescent Psychiatry, CMU Health</p> <p>Clinical Perspectives on Autism Care Across Healthcare Disciplines</p> <p>CME</p>	<p>Randy Pfau, Saginaw County Medical Examiner's Office</p> <p>Opioid Deaths in Our Backyard: How Awareness Leads to Prevention</p> <p>COMMUNITY/NO CME CREDIT</p>	<p>Jason Kuhn, DO, Bariatric Surgeon, Covenant HealthCare</p> <p>From Prevention to Intervention: Innovations in Pediatric Obesity Care</p> <p>CME</p>

ACCREDITATION:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Covenant HealthCare College of Medicine at Central Michigan University and Saginaw County Health Department. CMU College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Covenant HealthCare College of Medicine at Central Michigan University designates this live activity for a maximum of 5.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURE:

The planners and speakers have no relevant financial relationships with ineligible companies to disclose.

PLANNERS:

BWell Summit planners: Dr. Delicia Pruitt, Christina Vasquez, and Melinda Shriner.

OBTAINING CME:

CME evaluation certificate and transcript for this activity may be obtained by visiting: med.cmich.edu/cmecert

EDUCATIONAL OBJECTIVES:

- Communicate audience-appropriate public health and medical content, both in writing and through oral presentation.
- Apply principles of leadership, governance and management, which include creating a vision, empowering others, fostering collaboration and guiding medical decision making.
- Apply awareness of cultural values and practices to the design or implementation of public health policies or programs.
- Advocate for political, social or economic policies and programs that will improve health in our diverse populations.
- Inform on policies and best practices that most impact public health and health equity.
- Describe the importance of cultural competence in communicating public health content.

For questions or concerns, contact bwell@saginawcountymi.gov

HOSTED BY:



BWELL  *Saginaw*