

2026 WINTER FAMILY PHYSICIANS WEEKEND

QUICK REFERENCE SCHEDULE | Omni Grove Park Inn | December 9-13, 2026

CURRENT AS OF 10/5/2026 - TENTATIVE & SUBJECT TO CHANGE WITHOUT NOTICE

WEDNESDAY, DECEMBER 9, 2026

TIME	EVENT / DETAILS
2:00 pm - 7:00 pm	Registration Desk Opens
3:00 pm - 7:00 pm T2P Opportunity	Optional Hybrid KSA - Workshop: MSK <i>Jonathon Firnhaber, MD, FAAFP</i>
4:00 pm - 7:00 pm	Exhibitor Reg & Set Up

THURSDAY, DECEMBER 10, 2026

TIME	EVENT / DETAILS
7:00 am - 5:00 pm	Registration Desk Open
7:00 am - 7:45 am	Breakfast in the Exhibit Hall
7:45 am - 8:00 am	Welcome & Introductions <i>President - Benjamin Simmons, MD, FAAFP; Program Chair - Amir Barzin, DO, MS, FAAFP; Program Vice-Chair - Jessica Triche, MD</i>
8:00 am - 9:00 am	Targeting Aldosterone in Heart Failure and Chronic Kidney Disease <i>Eugene Wright, Jr., MD</i>
9:00 am - 10:00 am T2P Opportunity	Too Many Medications? Practical Strategies for Managing Polypharmacy <i>Sandy Robertson, PharmD</i>
10:00 am - 10:30 am	Break in the Exhibit Hall
10:30 am - 11:30 am T2P Opportunity	Transforming Obesity Care with Incretin-Based Therapies: Strategies to Empower Family Physicians <i>Angela Fitch, MD, FACP, MFOMA, DABOM & Tamieka Howell, MD, FAAFP</i>
11:30 am - 12:30 pm T2P Opportunity	When Blood Pressure Won't Budge: Unmasking Hypercortisolism in Resistant Hypertension <i>Nicolas Limogiannis, MD</i>

12:45 pm - 1:45 pm	Optional Non-CME Satellite <i>Heritage AB - Novo Nordisk</i>
2:00 pm - 2:45 pm T2P Opportunity	Food is Medicine <i>Victoria Boggiano, MD, MPH, FAAFP</i>
2:45 pm - 3:30 pm	Sports Medicine in Primary Care: When to Inject, When to Refer <i>Karl "Bert" Fields, MD, ABFM, CAQSM</i>
3:30 pm - 4:15 pm T2P Opportunity	Closing Lipid Management Gaps in Primary Care <i>Brian Lanier, MD, CLS</i>
4:15 pm - 5:00 pm	PCSK9 Inhibitors in Primary Prevention: A New Paradigm for Family Physicians <i>Thomas White, MD, FAAFP, FNLA, FASPC</i>
5:00 pm	General Sessions Adjourn
5:15 pm - 6:45 pm T2P Opportunity	90 Min Optional CME Workshop: Common Musculoskeletal Injections in Family Medicine - A Hands-On Workshop <i>SKYLINE MTG ROOM - James McNabb, MD FAAFP</i>
5:15 pm - 6:45 pm T2P Opportunity	90 min Optional CME Hybrid Workshop: Menopause Matters: Evidence-Based Care in Family Medicine <i>HERITAGE BALLROOMS - Kelly Smith, MD, FAAFP, Lisa Straub, MD, MSCP, & Rita Marie Lahlou, MD, MPH</i>

FRIDAY, DECEMBER 11, 2026

TIME	EVENT / DETAILS
7:00 am - 4:45 pm	Registration Desk Open
7:30 am - 8:00 am	Breakfast in the Exhibit Hall <i>Sponsored by FirstHealth Physicians Group</i>
8:00 am - 9:00 am T2P Opportunity	CGM in Primary Care: From Data to Decisions <i>Stephen Brunton, MD, FAAFP</i>

9:00 am - 10:00 am	Improving Health Care Cost a Quality in NC: How Primary Care and Payers Can Work Together - A Panel Discussion
10:00 am - 10:30 am	Break in the Exhibit Hall
10:30 am - 10:45 am	Distinguished Family Physician of the Year Award Presentation
10:45 am - 11:45 am T2P Opportunity	Heart Failure Beyond the Hospital: Practical Outpatient Management <i>Lynne Wagoner, MD</i>
12:00 pm - 1:30 pm	State of the Academy & Awards Lunch <i>HERITAGE ABC</i>
1:30 pm - 2:00 pm	Desserts in the Exhibit Hall
1:30 pm - 2:00 pm	Meet with Research Poster Presenters Opportunity <i>Research Poster Contest Sponsored by: NC AHEC</i>
2:00 pm - 2:45 pm	Hidradenitis Suppurativa in Primary Care: Early Recognition and Practical Management <i>Chris Sayed, MD</i>
2:45 pm - 3:30 pm T2P Opportunity	A Primary Care Perspective on the Diagnosis and Treatment of Irritable Bowel Syndrome <i>Spencer Dorn, MD, MPH, MHA</i>
3:30 pm - 4:15 pm	What Every Family Medicine Physician Should Know About Hepatic Encephalopathy <i>Matt Zeitler, MD</i>
4:15 pm - 5:00 pm T2P Opportunity	PMOS in Family Medicine: Diagnosis, Metabolic Health, and Long-Term Care <i>Lisa Cassidy-Vu, MD, FAAFP</i>
5:00 pm	General Sessions Adjourn
5:00 pm - 6:00 pm	Student/Resident/New Physician Social <i>ROOSEVELT FOYER</i>
5:15 pm - 6:45 pm T2P Opportunity	90 min Optional CME Hybrid Workshop: Six Adults with Fatigue: The Second Diagnosis <i>HERITAGE BALLROOMS - Thomas R. White, MD FAAFP FNLA FASPC</i>

5:15 pm - 6:45 pm

T2P Opportunity

90 min Optional CME Workshop: Hands-On Dermatologic Procedures Workshop: Incision, Drainage, and Debridement

Skyline - Brian Rayala, MD, FAAFP

SATURDAY, DECEMBER 12, 2026

TIME	EVENT / DETAILS
7:00 am - 4:30 pm	Registration Desk Open
7:30 am - 8:00 am	Breakfast in Exhibit Hall
7:30 am - 8:00 am	Meet with Research Poster Presenters Opportunity <i>Research Poster Contest Sponsored by: NC AHEC</i>
8:00 am - 9:00 am T2P Opportunity	Early Clues, Better Outcomes: Rethinking MCI and Alzheimer's Disease Management <i>Gary Small, MD</i>
9:00 am - 10:00 am	The Current State of Health Care Policy in North Carolina
10:00 am - 10:30 am	Break in the Exhibit Hall
10:15 am - 10:45 am	FMIG Meeting <i>Skyline</i>
10:30 am - 10:45 am	Degree of Fellow Convocation Ceremony - Main Stage
10:45 am - 11:15 am	Hospice Care in Family Medicine: Practical Pearls for the Primary Care Physician <i>Maggie Clifton, DO, FAAFP</i>
11:15 am - 11:45 am T2P Opportunity	Men's Health in Primary Care: Practical Updates for Family Physicians <i>Rhett Brown, MD, FAAFP</i>
11:30 am - 12:15 pm	Resident Lunch Section <i>Skyline</i>
11:45 am - 12:30 pm	IYKYK...Top 10 Clinical Updates in Sexual Health and STIs <i>Shannon Dowler, MD, FAAFP</i>

12:30 pm - 3:00 pm	Resident Workshop / Career Fair <i>Skyline</i>
12:45 pm - 1:45 pm	OPTIONAL Non-CME Lunch - Gilead Sciences
2:00 pm - 3:00 pm T2P Opportunity	AI in Family Medicine: Practical Tools, Real Risks, & What's Next <i>Aram Alexanian, MD, FAAFP & Richard Lord, Jr., MD, FAAFP</i>
3:00 pm - 3:45 pm T2P Opportunity	When Reassurance Isn't Enough: Communication and Behavioral Health Strategies for Challenging Family Medicine Encounters <i>Kyle Melvin, MD</i>
3:45 pm - 4:30 pm	Pediatric Emergencies - What Every Family Physician Should Know <i>Jonathon Firnhaber, MD, FAAFP</i>
4:30 pm	General Sessions Adjourn
6:30 pm - 10:30 pm	Presidential Gala

SUNDAY, DECEMBER 13, 2026

TIME	EVENT / DETAILS
7:30 am - 11:30 am	Registration Desk Open
7:30 am - 8:00 am	Continental Breakfast
8:00 am - 8:30 am	COPD in Primary Care: Practical Management Strategies <i>Ashley G. Henderson, MD</i>
8:30 am - 9:00 am T2P Opportunity	PrEP & Hepatitis C in Primary Care: Key Updates for Family Physicians <i>Rick Moore, MD, AAHIVS</i>
9:00 am - 9:30 am T2P Opportunity	Agricultural Health in Family Medicine: Caring for North Carolina's Farming Communities <i>Dawn Caviness, MD & Modjulie Moore, MD</i>
9:30 am - 9:45 am	15 Minute Break in Foyer
9:45 am - 10:30 am	Buprenorphine in Primary Care: Practical Approaches to OUD and Chronic Pain <i>Michael Baca-Atlas, MD</i>

10:30 am - 11:00 am T2P Opportunity	Cancer Screening Pearls for Family Physicians: Practical Updates <i>Rebecca Hayes, MD, MBA-HM, CPE, FAAFP</i>
11:00 am - 11:30 am	Rapid Fire: Top 10 Best Family Medicine Studies of 2026 <i>Garett Franklin, MD, FAAFP</i>
11:30 am	Conference Adjourns