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Credit
Hours

NEUROLOGY & PSYCHIATRY FOR PRIMARY CARE

JUNE 5-8, 2025

Disneyland® Resort, CA

Disney's Grand Californian Hotel® & Spa

PARTICIPATING FACULTY

Anna K. Costakis, MD, MBA, DFAPA

Director of Psychiatry Residency Training
Northwell Staten Island University Hospital
Staten Island, New York

Timothy J. Fries, MD

Associate Professor of Neurology,
Robert Larner College of Medicine at the University
of Vermont
Burlington, Vermont

Glenn D. Graham, MD, PhD

Professor of Neurology
University of California at San Francisco School of
Medicine
Deputy National Director of Neurology
Department of Veterans Affairs

Art Walaszek, MD

Professor of Psychiatry and Medicine
Associate Dean for Faculty Affairs and
Development
University of Wisconsin School of Medicine and
Public Health



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NEUROLOGY & PSYCHIATRY FOR PRIMARY CARE

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TARGET AUDIENCE

This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine.

EDUCATIONAL OBJECTIVES

Upon completion of this program, participants should be better able to:

- Utilize prevention and treatment strategies for cerebrovascular disorders
- Describe the differential diagnosis of headaches and migraines
- Discuss evidence-based management options for Alzheimer's disease
- Evaluate weakness and recognize cardinal features of Parkinson's disease as well as other movement disorders
- Perform a neurological exam
- Utilize history and physical examination to distinguish weakness from non-specific symptoms
- Explain the differential diagnosis of seizures
- Compare the side effect and clinical pharmacology profiles of anti-epileptic drugs
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- Assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness
- List the mental health needs of patients who have suffered traumatic events
- Utilize suggested strategies to manage "the difficult patient"
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Compare the benefits and side effect profiles of pharmacologic treatment options for ADHD
- Review current evidence for the treatment of anxiety disorders
- Describe strategies for identifying and treating substance use disorders



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**NEUROLOGY & PSYCHIATRY
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JUNE 5-8, 2025
Disneyland® Resort, CA
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THURSDAY, JUNE 5, 2025

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:30 am

Glenn D. Graham, MD, PhD

Cerebrovascular Disorders

Epidemiology; identifying the high-risk patient; treatment effects; transient neurological deficit: carotid, vertebrobasilar; non-specific cerebral symptoms; migraines vs. TIA; treatment options

8:30 am – 9:30 am

Glenn D. Graham, MD, PhD

Headaches & Migraines

Basic headache mechanisms; headache history: characteristics, precipitating factors, medical conditions; migraine: common tension, classic, treatment, complicated, cluster, sinus; trigeminal neuralgia; Giant Cell Arteritis; brain tumor; subarachnoid hemorrhage; emergency room treatment

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am

Glenn D. Graham, MD, PhD

Alzheimer's & Other Dementias

Definition; statistics; neurological changes of normal aging; pathology; etiological theories; vascular dementias; investigations; social issues; symptomatic treatment; research therapies

10:40 am – 11:40 am

Timothy J. Fries, MD

The Neurological Exam

Characteristics and objectives of the examination; exam phases; assessing general mental status; long-term predications; examination of infants; demonstration on conducting an exam

11:40 am – 12:40 pm

Timothy J. Fries, MD

Evaluating Weakness

Using the history and physical examination to distinguish weakness from non-specific symptoms; characteristics of neurological diseases that produce weakness; presentations of representative diseases of the nervous system

12:40 pm

Session Adjourns



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FRIDAY, JUNE 6, 2025

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:30 am

Timothy J. Fries, MD

Diagnosis of Epilepsy, Paroxysmal Disorders, and Status Epilepticus

Types of paroxysmal disorders; diagnosis of seizures; seizures vs. epilepsy; classification of seizures and epileptic syndrome; initiation and discontinuation of drug therapy; therapeutic monitoring; intractable epilepsy

8:30 am – 9:30 am

Timothy J. Fries, MD

Treatment of Epilepsy and Status Epilepticus

Treatment of epilepsies; goals of treatment; initiation and discontinuation of drug therapy; therapeutic monitoring; intractable epilepsy

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am

Glenn D. Graham, MD, PhD

Parkinson's Disease & Other Movement Disorders

Epidemiology; cardinal features; secondary features; pathology; neurochemistry; differential diagnosis; treatment; complication; other movement disorders; neuroleptic-induced movement disorders; chorea

10:40 am – 11:40 am

Anna K. Costakis, MD, MBA, DFAPA

Depressive Disorders

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

11:40 am – 12:40 pm

Anna K. Costakis, MD, MBA, DFAPA

Suicide and Violence

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

12:40 pm

Session Adjourns



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JUNE 5-8, 2025
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SATURDAY, JUNE 7, 2025

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:30 am

Anna K. Costakis, MD, MBA, DFAPA

Treating the Traumatized Patient in the Primary Care Setting

Addressing the mental health needs of patients who have suffered traumatic, life-altering events; Discussion of both pharmacological and non-pharmacological strategies

8:30 am – 9:30 am

Anna K. Costakis, MD, MBA, DFAPA

The Difficult Patient

Understanding patient who interprets benign interpersonal and social interactions in an idiosyncratic and negative way; management of such behavior and avoidance of negative feelings in the physician

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am

Art Walaszek, MD

Bipolar Spectrum Disorders

Bipolar spectrum disorders in adults as compared to youth; Comprehensive history-taking; Differential diagnosis; Co-occurring psychiatric and medical conditions; Phase specific treatment considerations and interventions

10:40 am – 11:40 am

Art Walaszek, MD

The Complexity of Adult ADHD

ADHD in adults with an emphasis on symptom identification; Co-occurring conditions; Psychiatric and medical differential diagnosis; evidence-based and FDA approved pharmacological treatments

11:40 am

Session Adjourns



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SUNDAY, JUNE 8, 2025

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 am

Art Walaszek, MD

Anxiety Disorders

The nature of anxiety; Generalized anxiety disorder, panic disorder, social anxiety disorder and post-traumatic stress disorder; etiology and diagnosis; Co-occurring conditions; Treatment options for these disabling conditions

8:30 am – 9:30 am

Art Walaszek, MD

Substance Use Disorders

Substance abuse history-taking to encourage patient honesty; Accurate diagnosis; Use of screening tools; Brief intervention; Recovery and treatment options; Motivational interviewing; Family symptoms and codependency

9:30 am

Session Adjourns



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Anna K. Costakis, MD, MBA, DFAPA

Director of Psychiatry Residency Training
Northwell Staten Island University Hospital
Staten Island, New York

DR. ANNA COSTAKIS completed her undergraduate and medical degrees at Loyola university Chicago and Loyola Stritch School of Medicine in Chicago. Following psychiatry residency at Northwestern McGaw Hospital in Chicago, she practiced in early versions of integrated care in primary medical settings, both inpatient and outpatient. After ventures in outpatient at the VA, private practice on Michigan Ave and ACT teamwork with Thresholds, she moved to NYC in 2013.

Dr. Costakis practiced at Mount Sinai St. Luke's until 2015, serving as director of the Psychiatric Recovery Center during that time. In 2015, she went on to become a faculty member at Columbia New York Presbyterian and worked to develop the DSRIP-funded Behavioral Health Crisis Stabilization Program, of which she was the Medical Director until May 2018. She has since transitioned to Northwell LIJ Zucker Hillside Hospital as the Adult Ambulatory Psychiatry Director, where she also serves as faculty at Hofstra Zucker School of Medicine.

In addition, Dr. Costakis has been active in the American Psychiatric Association since residency and most recently served as the president of the New York County Psychiatric Society 2017-2018 and now serves on the APA Assembly as a state representative. Dr. Costakis completed her Master's in Business Administration, with a focus on Strategic Healthcare Management, at Hofstra University in New York December 2021.



Timothy J. Fries, MD

Associate Professor of Neurology,
Robert Larner College of Medicine at the University of Vermont
Burlington, Vermont

DR. FRIES received his undergraduate and medical degrees from the University of Minnesota and then completed his residency in Neurology at the University of Minnesota Medical School. Dr. Fries completed a Neuromuscular and Electromyography fellowship at the University of Vermont. He is a diplomate of the National Board of Medical Examiners and the American Board of Psychiatry and Neurology. He is certified in electromyography through the American Board of Electrodiagnostic Medicine. He was inducted into the University of Vermont College of Medicine's Teaching Academy as a Master Teacher in 2015.

Currently, Dr. Fries is the Director of the Electromyography Laboratory at the University of Vermont Medical Center. He is a frequent lecturer in the first year Neuroscience course and directs both the Neurology Clerkship as well as clinical neurosciences course electives for senior medical students at the Robert Larner College of Medicine at the University of Vermont.

Dr. Fries has been a member of several medical speakers' organizations. He has been a faculty lecturer for Medical Education Resources since 1993.

Dr. Fries has been an author on over 30 articles and abstracts in such publications as *Neurology*, the *Journal of Neurological Science* and *Muscle and Nerve*.



Glenn D. Graham, MD, PhD

Professor of Neurology
University of California at San Francisco School of Medicine
Deputy National Director of Neurology
Department of Veterans Affairs

GLENN D. GRAHAM, MD PHD was appointed the Deputy National Director of Neurology, Department of Veterans Affairs in 2011. He is the Founder and Executive Director of the VA National Tele-Stroke Program, and co-authored and implemented policies that established the VA system of acute stroke care. He has broad responsibilities for the VA's national neurology programs, including the Centers of Excellence in Parkinson's Disease, Multiple Sclerosis, Epilepsy, and Headache.

Initially based at VA Central Office in Washington, DC, Dr. Graham moved in late 2013 to the San Francisco VA, where he also holds the position of Specialty Care Lead for the Sierra Pacific Network (VISN 21) and is a Professor of Neurology at University of California San Francisco School of Medicine. Dr. Graham earned a PhD in physical chemistry from Harvard University and subsequently pursued medical training in the PhD to MD Program at the University of Miami School of Medicine. He completed his residency in neurology and fellowship in magnetic resonance and cerebrovascular disorders at Yale. Currently, Dr. Graham collaborates with VA national health services researchers to evaluate new ways of delivering neurology and specialty care in an efficient, patient-centric, and cost-effective manner.

Dr. Graham is a fellow of the American Academy of Neurology, American Neurological Association, and American Heart Association. He has held volunteer leadership positions with the American Academy of Neurology, American Heart Association / American Stroke Association, Western States Stroke Consortium, and the Fibromuscular Dysplasia Society.



Art Walaszek, MD

Professor of Psychiatry and Medicine
Associate Dean for Faculty Affairs and Development
University of Wisconsin School of Medicine and Public Health

DR. ART WALASZEK is a board-certified geriatric psychiatrist and Professor of Psychiatry and Medicine at the University of Wisconsin School of Medicine and Public Health. Additionally, Dr. Walaszek is Associate Dean for Faculty Affairs and Development. He is past president of the American Association of Directors of Psychiatric Residency Training (AADPRT) and he currently serves on the Psychiatry Review Committee of the Accreditation Council for Graduate Medical Education (ACGME). His research focuses on public health approaches to improving the care of people with dementia.

Dr. Walaszek works with the Wisconsin Alzheimer's Disease Research Center, where he is Co-Leader of the Outreach, Recruitment and Education Core, and with the Wisconsin Alzheimer's Institute, where he leads the Public Health Pillar. He is the author of the book *Behavioral & Psychological Symptoms of Dementia* (2019) and editor of the books *Late-Life Depression & Anxiety* (2022) and *Substance Use in Older Adults* (2024). Dr. Walaszek provides care to older adults with depression, anxiety, dementia, and other mental health conditions, and teaches others to do the same.



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ACCREDITATION STATEMENTS

JOINT ACCREDITATION FOR INTERPROFESSIONAL CONTINUING EDUCATION



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Medical Education Resources is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This activity was planned by and for the healthcare team, and learners will receive 16 Interprofessional Continuing Education (IPCE) credits for learning and change.

PHYSICIAN CREDIT DESIGNATION

AMA PRA CATEGORY 1 CREDITS™

Medical Education Resources designates this live activity for a maximum of 16 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMERICAN BOARD OF INTERNAL MEDICINE MOC RECOGNITION (ABIM)



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16 (part II) MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP)

The AAFP has reviewed *Neurology & Psychiatry for Primary Care* and deemed it acceptable for up to 16 Live AAFP Prescribed credit(s). Term of Approval is from 6/5/2025 to 6/8/2025. Physicians should claim only credit commensurate with the extent of their participation in the activity.

AMERICAN OSTEOPATHIC ASSOCIATION (AOA)

This activity is approved for 16 hours in Category 2-A by the American Osteopathic Association.

AMERICAN COLLEGE OF EMERGENCY PHYSICIANS (ACEP)

This program is approved by the American College of Emergency Physicians for a maximum of 16 hours of ACEP Category I credit.

CANADIAN PHYSICIANS

The American Academy of Family Physicians (AAFP) and the College of Family Physicians of Canada (CFPC) have a bilateral reciprocal certification agreement whereby: CME/CPD activities held across the Canada - U.S. border are certified according to the nationality of the primary target audiences regardless of where the providers are located. The activities will be reviewed according to the criteria of the certifying organization.

NURSING CREDIT DESIGNATION

AMERICAN NURSES CREDENTIALING CENTER (ANCC)

Medical Education Resources designates this live activity for a maximum of 16 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 6.5 ANCC pharmacotherapeutic contact hours

AMERICAN ACADEMY OF NURSE PRACTITIONERS (AANP)

The American Academy of Nurse Practitioners (AANP) Certification Board recognizes and accepts continuing education (CE) contact hours from activities approved by AMA, ACCME, ANCC, AANP, AAFP and AACN.

CALIFORNIA BOARD OF REGISTERED NURSING

Medical Education Resources is approved by the California Board of Registered Nursing, Provider Number 12299, for 16 contact hours.

PHYSICIAN ASSOCIATE CREDIT DESIGNATION

AMERICAN ACADEMY OF PHYSICIAN ASSOCIATES (AAPA)



Medical Education Resources has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 16 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

PHARMACY ACCREDITATION

ACCREDITATION COUNCIL FOR PHARMACY EDUCATION (ACPE)



Medical Education Resources (MER) designates this live continuing education activity for 16 contact hours (1.6 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-25-103-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.

DISCLOSURE OF RELEVANT FINANCIAL RELATIONSHIPS

Medical Education Resources ensures balance, independence, objectivity, and scientific rigor in all our educational activities. In accordance with this policy, MER identifies financial relationships with its instructors, content managers, and other individuals who are in a position to control the content of an activity. All relevant financial relationships have been mitigated by MER to ensure that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of experimental design, data collection, and analysis. MER is committed to providing learners with high-quality CE activities that promote improvements or quality in healthcare, and not the business interests of an ineligible company.

The **faculty** reported the following financial relationships with ineligible companies:

Anna K. Costakis, MD, MBA, DFAPA
No financial relationships to disclose

Timothy J. Fries, MD
No financial relationships to disclose

Glenn D. Graham, MD, PhD
No financial relationships to disclose

Art Walaszek, MD
No financial relationships to disclose

The **content managers** reported the following financial relationships with ineligible companies:

MER content managers
No financial relationships to disclose

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CONFERENCES	2025							2026				
	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
INTERNAL MEDICINE	Lisbon, Portugal June 2-5	Hilton Head Island, SC July 10-13	Ka'anapali, Maui, HI August 3-7	Woodstock, VT September 5-7	San Diego, CA October 3-5	Wailea, Maui, HI November 2-6	Nassau, Bahamas December 4-7	Palm Springs, CA January 16-18	Walt Disney World® Resort, FL February 5-8	Nassau, Bahamas March 5-8	Walt Disney World® Resort, FL April 9-12	Buenos Aires, Argentina May 5-8
	Hilton Head Island, SC June 5-8	Walt Disney World® Resort, FL July 10-13	Prague, Czech Republic August 4-7	Dubrovnik, Croatia September 8-11	Rocky Mountain National Park, CO October 3-5	Palm Beach, Aruba November 6-9	Grand Cayman Island, BVI December 4-7	Wailea, Maui, HI January 18-22	Palm Beach, Aruba February 5-8	Ko Olina, Oahu, HI March 8-12	Waimea, Big Island, HI April 12-16	Nassau, Bahamas May 14-17
	San Diego, CA June 5-8	Las Vegas, NV July 11-13	Washington, D.C. August 7-10	Walt Disney World® Resort, FL September 12-14	Santa Barbara, CA October 3-5	Nassau, Bahamas November 6-9	Ko Olina, Oahu, HI December 7-11	Walt Disney World® Resort, FL January 23-25	Poipu, Kauai, HI February 8-12	San Diego, CA March 13-15	Barcelona, Spain April 27-30	Zion National Park, UT May 15-17
	Colorado Springs, CO June 6-8	Oceanside, CA July 11-13	Disneyland® Resort, CA August 8-10	Wailea, Maui, HI September 14-18	Walt Disney World® Resort, FL October 5-9	Walt Disney World® Resort, FL November 6-9	Rome, Italy December 8-11	San Diego, CA January 23-25		Walt Disney World® Resort, FL March 15-19		Ka'anapali, Maui, HI May 24-28
	Walt Disney World® Resort, FL June 8-12	Bar Harbor, ME July 11-13	Las Vegas, NV August 8-10	Laguna Beach, CA September 19-21	Poipu, Kauai, HI October 12-16	Las Vegas, NV November 7-9	Walt Disney World® Resort, FL December 12-14	Nassau, Bahamas January 29-February 1		Wailea, Maui, HI March 15-19		
	San Juan, PR June 12-15	Ko Olina, Oahu, HI July 13-17	Hilton Head Island, SC August 14-17	Lake Louise, AB, Canada September 25-28	Madrid, Spain October 13-16	Newport, RI November 7-9	Peninsula Papagayo, Costa Rica December 13-16	Las Vegas, NV January 30-February 1		Las Vegas, NV March 27-29		
	Ko Olina, Oahu, HI June 15-19	Coeur d'Alene, ID July 18-20	San Diego, CA August 14-17	Yosemite, CA September 26-28	Grand Cayman Island, BVI October 16-19	Ka'anapali, Maui, HI November 16-20	Disneyland® Resort, CA December 19-21	Breckenridge, CO January 30-February 1		Lake Como, Italy March 30-April 2		
	The Hamptons, NY June 20-22	New York, NY July 18-20	Glacier National Park, MT August 29-31	New York, NY October 17-19		Disneyland® Resort, CA November 20-23	Walt Disney World® Resort, FL December 26-30	Key West, FL January 30-February 1				
	Moab, Utah June 20-22	Waimea, Big Island, HI July 27-31				Napa, CA October 17-19	Key West, FL November 20-23			Las Vegas, NV December 29-31		
	Ka'anapali, Maui, HI June 22-26	Mackinac Island, MI July 31-August 3				Disneyland® Resort, CA October 23-26	San Diego, CA November 20-23			Las Vegas, NV November 24-26		
Jackson Hole, WY June 27-29	London, United Kingdom June 30-July 3											
CARDIOLOGY & PULMONOLOGY		Banff, AB, Canada July 17-20	Walt Disney World® Resort, FL August 1-3	Las Vegas, NV September 5-7	Charleston, SC October 31-November 2					Disneyland® Resort, CA March 20-22		Tucson, AZ April 17-19
MEN'S & WOMEN'S HEALTH			Walt Disney World® Resort, FL August 29-31		San Antonio, TX October 31-November 2		Asheville, NC December 12-14		Las Vegas, NV March 16-18	Walt Disney World® Resort, FL April 24-26		
NEUROLOGY & PSYCHIATRY	Disneyland® Resort, CA June 5-8	Yellowstone National Park/Big Sky, MT July 4-6	Banff, AB, Canada August 21-24				Walt Disney World® Resort, FL December 4-7		Phoenix, AZ February 6-8			
ENDOCRINOLOGY	Walt Disney World® Resort, FL June 20-22						Las Vegas, NV December 12-14		New York, NY December 19-21	Palm Springs, CA February 13-15		
GERIATRIC MEDICINE			Yellowstone National Park/Big Sky, MT August 1-3	Santa Fe, NM September 12-14			Key West, FL December 4-7			Walt Disney World® Resort, FL March 13-15	Las Vegas, NV April 10-12	
ORTHOPEDICS	Las Vegas, NV June 20-22				Savannah, GA October 10-12	Walt Disney World® Resort, FL November 21-23	Phoenix, AZ December 12-14		Las Vegas, NV February 27-March 1			Walt Disney World® Resort, FL May 22-24
RHEUMATOLOGY & MUSCULOSKELETAL	Nashville, TN June 27-29				Walt Disney World® Resort, FL October 24-26					Scottsdale, AZ March 20-22		
INFECTIOUS DISEASES	Sedona, AZ June 6-8	Disneyland® Resort, CA July 11-13				San Diego, CA November 7-9			Walt Disney World® Resort, FL February 20-22			Las Vegas, NV May 22-24
DERMATOLOGY				Asheville, NC September 5-7	Las Vegas, NV October 24-26						Napa, CA April 3-5	
PEDIATRIC & ADOLESCENT		Yosemite, CA July 4-6		Las Vegas, NV September 30-October 2		Phoenix, AZ November 14-16	San Diego, CA December 12-14					Sedona, AZ May 29-31

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