



THEME: HEALING WITHIN AND BETWEEN: 
 PERSONALIZED LIFESTYLE MEDICINE APPROACHES, INTERPERSONAL CARE, AND PAIN MANAGEMENT

DAY 1: May 26, 2026

Time	Activities	Topic	Resource Person
10:00 am	Opening Ceremony National Anthem and Invocation by Sola Gratia Chorale		
	Welcome Remarks		
	Keynote Speaker		Dr. Wayne Dysinger
11:00am-11:30nn	Plenary Session 1	The Science of Pain and Healing	Dr. Mary Ann Aguadera
11:30-12:30 nn	Lunch Break/Exhibit		
12:30-1:00 pm	Plenary Session 2	The Landscape of Trauma: Metabolic Psychiatry in Trauma Recovery	Dr. Nueva Joy Perucho
1:00-1:30 pm	Plenary Session 3	Emotional Pain vs. Physical Pain: The Shared Neurobiology	Dr. Mechelle Palma
1:30- 2:00pm	Question and Answer		
2:00- 4:15 pm	Plenary session 4 Workshop 1: Pain Management	Lifestyle Medicine in Musculoskeletal Pain Sponsor: Sonoscape Ultrasound Philippines	Rochelle Angelica Saratan, MD,RMSK RJ Estrellado, MD, RMSK Lawrence Manalili, MD, RMSK Jan Michael Lleva, MD, RMSK Franklin Domingo, MD, RMSK Jeimylo de Castro, MD, RMSK (Workshop Chair)
4:15-4:25 pm	Health Break/Exhibit		
4:25-6:30 pm	Healing Circle: Stories from the Wounded Healers Facilitators: Dr. Carmina Joyce Alferez, Dr. Mary Joy Aguadera, Dr. Nueva Joy Perucho, Dr. Wayne Dysinger, Dr. Mechelle Palma, Dr. Bysshe Fernan		
7:00 pm	Dinner		

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DAY 2: May 27, 2025

Time	Activities	Topics	Resource Person
6:00 am	Morning Exercises		
8:00 am	Morning Reflection Synthesis		Dr. Estelle Gregorio
8:30-9:30 am	Plenary Session 5		Wayne Dysinger, MD
9:30-10:00 am	Plenary Session 6	Beyond the Physical Pain (Testimonial)	Dr. Doris Mendoza
10:00-10:30 am	Plenary Session 7	The Burden of Bereavement: A Physician's Guide to Managing Grief-Induced Pain	Dr. Carmina Joyce Commendador-Alferez
10:30-11:00 am	Plenary Session 8	Positive Psychology and Pain Transformation: The Neurobiology of Hope and Resilience	Dr. Bysse Fernan
11:00-11:45am	Panel: Question and Answer		
11:45-1:00 pm	Lunch		
1:00-1:30 pm	Health Break	After-meal Exercise	
1:30-2:15 pm	Plenary Session 9	Healing the Healers	Dr. Linda Varona
2:15-5:00pm	Plenary Session 10	Prescribing the plate: personalized anti-inflammatory nutrition for chronic pain management	Dr. Mechelle Palma Dr. Blecenda Varona
	Workshop 2	The Metabolic Reset (A Culinary Medicine Workshop)	Dr. Mechelle Palma Dr. Blecenda Varona
5:00-5:30 pm	Health Break		
6:00pm	Dinner		
6:30pm-9:00pm	Fellowship Night	Theme: Summer Time	

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DAY 3: May 28, 2026			
Time	Activities	Topic	Resource Person
6:30 am	Walk With A Doc		
8:00-8:30 am	Synthesis and Meditation		Events Team
8:30-11:30am	Workshop 3	Interpersonal Care and Pain Management Plan	Facilitators: Dr. Mechelle Palma Dr. Byshe Fernan Dr. Nueva Joy Perucho Dr. Mary Ann Aguadera
11:30-12:30nn	Closing Ceremonies Lunch		