



## AAPA 2021 Virtual Ballroom Schedule

| Date              | Time (Eastern)   | Session Title   | Session Speakers  |
|-------------------|------------------|---|---|
| Monday, May 24    | 12 - 12:45 p.m.  | Inner Workout - MindfulLee Style  | Lee Papa  |
| Monday, May 24    | 3:30 - 4:15 p.m. | 3 Simple Steps to Wake Up Excited and Thrive as a Healthcare Professional | Sabrina Runbeck, MPH, MHS, PA-C   |
| Tuesday, May 25   | 12 - 12:45 p.m.  | Nourish Yourself Mindfully, Give from the Overflow                        | Lee Papa  |
| Tuesday, May 25   | 5 - 5:30 p.m.    | Health Equity Q&A   | Robert Wooten, MS, PA-C, DFAAPA<br>Robin Hunter Buskey, DHSc, PA-C<br>Andrea Lowe, PA |
| Wednesday, May 26 | 9 - 9:45 a.m.    | The Art of Breathing  | Barbara Morrison, PA-C, BS, RYT-500   |
| Wednesday, May 26 | 11 - 11:30 a.m.  | Continuing the Discussion on Moral Injury                                 | Rita Brock, PhD<br>Heather Hylton, MS, PA-C, DFAAPA, FASCO                            |
| Wednesday, May 26 | 1 - 1:45 p.m.    | Rediscovering the Joy in Practice   | Barbara Morrison, PA-C, BS, RYT-500   |