

*Thank You for Attending WAI 2025!!*

**WOMEN  
IN ALLERGY  
& IMMUNOLOGY  
CONFERENCE**

CONNECT \* LEARN \* LEAD

*Your 2025 Women in Allergy and Immunology Conference Program  
Committee:*

***Dr. Samira Jeimy (Chair)***

***Dr. Devyani Bakshi***

***Dr. Lori Connors***

***Dr. Keelia Farrell***

***Dr. Mary McHenry***

***Dr. Tiffany Wong***

*The Women in Allergy and Immunology Conference is an accredited group learning activity  
(Section 1) as defined by the Maintenance of Certification Program of the Royal College of  
Physicians and Surgeons of Canada.*

*The total Credit hours for this conference are: 4.5*



## Women in Allergy & Immunology 2025 Program

May 2, 2025, from noon to 5:30 PM ET

1. **Welcome and Opening Remarks - Dr. Samira Jeimy (WAI Chair) and Dr. Anne Ellis (CSACI Past-President) – 12:00 – 12:05 PM**
2. **Balance & Breathe: Workplace Wellness through Stretching and Mindfulness – Tana Bullock – 12:05 – 1:00 PM**

### Learning Objectives:

- Recognize common workplace ergonomic pitfalls specific to medical and academic environments.
- Apply evidence-based strategies to optimize workspace layout and posture to prevent chronic pain and fatigue.
- Understand how sustained poor ergonomics contribute to burnout and musculoskeletal injury.

3. **Restorative Yoga Session –Leanne Whiting - 1:00 – 1:30 PM**

### Learning Objectives:

- Explore gentle movement and breath practices that promote resilience, presence, and stress release.
- Reflect on the emotional and psychological benefits of incorporating yoga into daily life and clinical routines.
- Participate in an interactive session using story, alignment, and play to cultivate joy and self-connection.

4. **The School of Unlearning : Tools to Help You Reconnect with Passion and Purpose —So You Can Keep Doing the Work You Love! – Dr. Jessie Mahoney - 1:30 – 2:30 PM**

**Learning Objectives:**

1. Recognize thought patterns and communication habits that are taught in medical training that add to the stress and distress of working in a broken healthcare system.
2. Understand the core concepts of mindfulness and how they can act as an antidote to burnout.
1. Implement tools and strategies to shift mindset and physiology so you can practice more sustainable medicine.

*BREAK 2:30 – 2:45 PM*

**5. Becoming Financially Independent Women: A Roundtable discussion with Drs. Jane Healey & Stephanie Zhou – Dr. Jane Healey and Dr. Stephanie Zhou**  
2:45 – 3:45 PM

**Learning Objectives:**

1. Identify foundational principles of financial literacy for Canadian physicians, including debt management and early investing.
2. Understand the relationship between financial health, career sustainability, and mental well-being.
3. Access unbiased tools and community resources for improving financial independence and resilience.

**6. Charting Champions (Practice Management)- Dr. Sarah Smith- 3:45 – 4:45 PM**

**Learning Objectives:**

1. Analyze common charting inefficiencies and how they contribute to cognitive and emotional overload.
2. Learn time-saving documentation strategies tailored to the Canadian clinical environment.
3. Apply practical tools to reduce after-hours work, increase patient connection, and protect personal time.

*Closing remarks - Dr. Samira Jeimy – 4:45 – 4:50 PM*

*BREAK 4:50 – 4:55 PM*

*Networking Happy Hour – Virtual Chocolate Tasting - 4:55 – 5:20 PM*

*Separate Zoom Link: Meeting ID 868-3747-3255*

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SPONSORS FOR THEIR GENEROUS SUPPORT WHO MADE  
WOMEN IN ALLERGY 2025 POSSIBLE!**



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