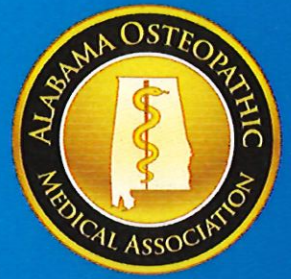


ALOMA WINTER CONFERENCE 2026



FRIDAY & SATURDAY, FEB 20-21, 2026

VCOM - Auburn Campus
910 South Donahue Drive

ALOMA.ORG

On behalf of the ALOMA Executive Board, welcome to the Winter CME Conference. We are pleased to offer this opportunity to gain new knowledge in your field of expertise. We hope you find it helpful as you navigate the new and ever-changing landscapes of health care. All lecture materials received before the conference will be made available online at aloma.org.

We are grateful to our speakers, exhibitors, sponsors, and contributors. Please take a moment to show your appreciation for their support.

Sincerely,

Tony Weaver, DO, FACS, FACOS
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Accreditation Statement

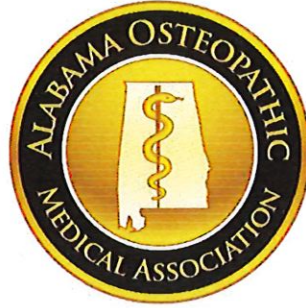
The Alabama Osteopathic Medical Association (ALOMA) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians.

Credit Designation Statement

ALOMA designates this program for a maximum of 8 AOA Category 1-A credits and will report CME and specialty credits commensurate with the physician's level of participation.

Attestation Forms must be completed to receive credit and a certificate.





ALOMA Winter Conference 2026

AGENDA

Location: VCOM – Auburn Campus 910 South Donahue Drive, Auburn, AL 36832

Date: February 20-21, 2026 (8 CAT 1-A CME)

Friday, February 20th

4:00 PM CST	Research Poster Set Up	MPR
5:00 PM – 6:00 PM	Research Poster Presentations (1.0 CME)	MPR
6:00 PM	Dinner	MPR
7:00 PM – 7:45 PM (1.0 CME)	Panel Discussion – Dr. Nathan Douthit, Dr. Darren Beck & Dr. Shane Warren Research during undergraduate medical education, research value in a residency application, readiness for residency, resource funding, etc.	MPR

Saturday, February 21st

7:15 AM	Breakfast & Exhibits	MPR
8:00 AM – 8:30 AM (0.5 CME)	Sports Medicine - Dr. Bhavesh Joshi	MPR
8:30 AM – 10:00 AM (1.5 CME)	OMM Workshop with Dr. Kevin Hayes	OMM LAB 4 th Floor
10:00 AM – 10:45 AM (1.0 CME)	From Evidence to Empathy Dr. Myra Rodriguez	MPR
10:45 AM – 11:00 AM	Exhibit Break	MPR
11:00 AM – 11:45 AM (1.0 CME)	Pediatrics – Dr. Katie Wolter	MPR
12:00 PM- 1:00 PM	Lunch	MPR
1:00 PM – 1:45 PM	AOA Legislative Update President-Elect Dr. Thacker	MPR
1:45 PM – 2:00 PM	Exhibit Break	MPR
2:00 PM – 3:00 PM (1.0 CME)	Opioids & DEA Requirements Dr. Gary Mount	MPR
3:00 PM – 3:45 PM (1.0 CME)	Update on Lifestyle Medicine Dr. Phillip Snider	MPR
4:00 PM	Thank you for coming.	

We hope to see you July 22-26 at Sandestin!

Distinguished Speakers

NATHAN T. DOUTHIT, M.D.

Dr. Douthit is an Internal Medicine Hospitalist and is practicing at both EAH and EAH-Lanier. Dr. Douthit earned his medical degree from the medical school for international health at Ben-Gurion University of the Negev in Beersheba, Israel, and completed his internal medicine residency at Brookwood Baptist Health, where he was chief resident.

Dr. Douthit is Board-Certified in Internal Medicine and currently serves as a core faculty member for East Alabama Health's Internal Medicine Residency Program.

DARREN BECK, PH.D.

Associate Dean for Biomedical Affairs & Research | Discipline Chair & Associate Professor, Cell Biology & Physiology at VCOM-Auburn

Dr. Beck's pioneering work explores the intersection of aging, cardiovascular health, and cognitive decline. His early research examined therapies for cardiovascular disease, focusing on blood flow mechanics and hormone impacts on heart and bone health.

Currently, his cutting-edge projects aim to understand hormone dysregulation in Alzheimer's disease progression and cognitive decline. Highlights include:

- FMRI studies on whole coffee fruit concentrate in mild cognitive impairment
- Investigations into extra-virgin olive oil's role in preventing Alzheimer's progression.
- Innovative nanoparticle technologies for early prostate cancer detection and treatment

Dr. Beck's research bridges molecular science and clinical innovation to help shape future therapies for aging-related diseases.

SHANE T. WARREN, PH.D.

Director of Research and Grant Development as well as Assistant Professor of Medical Education.

Dr. Warren is a graduate of Mississippi State University (MSU) in Starkville, Mississippi, where he served as Deputy Director of Research and Development. He has more than 10 years of experience in research and analysis at ACOM.

He received his Bachelor of Science in Industrial/Organizational Psychology from Middle Tennessee State University in Murfreesboro, Tennessee. He earned his Doctorate in Educational Psychology from Mississippi State University in Starkville, Mississippi.

As Director of Research and Grant Development, Dr. Warren provides support to faculty and students who are involved in research projects, as well as coordinates and supports the growth of research across the ACOM campus.

BHAVESH JOSHI, DO

A native of Eastern Pennsylvania, Bhavesh Joshi received his undergraduate degree from Drexel University's School of Biomedical Engineering and graduated from the Nova Southeastern University College of Osteopathic Medicine in 2011. He then completed a Sports Medicine Research Fellowship

focusing on cartilage regeneration at the New York University Hospital for Joint Diseases. He completed his residency in Family Medicine at Good Samaritan Hospital Medical Center in West Islip, N.Y., in 2016. He was the Chief Primary Care Sports Medicine Fellow at LECOM Health in Erie, PA. Dr. Joshi is board-certified in Family Medicine/Osteopathic Manipulative Treatment, as well as holding a Certificate of Additional Qualifications in Sports Medicine. His interests include musculoskeletal ultrasound, regenerative injections, concussion management, and injury prevention. He is the Discipline Chair of Family Medicine; Assistant Professor in Sports Medicine, Family Medicine, and Osteopathic Manipulative Medicine; Associate Program Director of the Primary Care Sports Medicine Fellowship at VCOM Auburn; and serves as a Team Physician for Auburn University.

KEVIN HAYES, DO, AOBNMM

A Board-Certified Neuromusculoskeletal Medicine (NMM) and Osteopathic Manipulative Medicine (OMM) specialist available for consultation of biomechanical-musculoskeletal pain, practicing out of Auburn Pediatric and Adult Medicine, Devall location. He is also an Associate Professor & OMM chair at the Edward Via Virginia College of Osteopathic Medicine, Auburn campus. He graduated from medical school at Michigan State University College of Osteopathic Medicine (2005), then did a double residency in NMM & family medicine at the University of Michigan Health West in the greater Grand Rapids, mi. Area from 2005-2009. His current practice is only for NMM and OMM consultation to evaluate for and treat the medical diagnosis of somatic dysfunction, which is a biomechanical source of musculoskeletal pain that will not show up on lab work or imaging. It is diagnosed manually based on the sciences of anatomy and biomechanics. He evaluates & treats babies to the elderly and everyone in between for any number of neuromusculoskeletal pain, from the foot to the head. His credentials as a board-certified NMM-OMM specialist allow him a clinical point of view that is unique to osteopathic medicine.

MAYRA RODRIGUEZ, PHD, MPH

The Discipline Chair for Epidemiology, Preventive Medicine, and Public Health curriculum for OMS I and OMS II at VCOM–Auburn. Her experience involves examining language as a mechanism of health behavior change (i.e., alcohol and substance use) among criminal justice offenders using motivational interviewing, a client-centered behavior change therapy among substance users involved in the criminal justice system. Currently, Dr. Rodriguez is focused on understanding how social determinants contribute to health disparities, specifically, how life stress and discrimination over the life course impact maternal and child health. Her goal is to contribute context of the health inequality and provide efficient and effective solutions to post-partum care and infant cognitive development.

KATIE WOLTER, MD

Discipline Chair and Assistant Professor for Pediatrics

Dr. Wolter earned an undergraduate degree in nutritional sciences from the University of Florida in 2005. She then went on to medical school at Florida State University and completed her intern year in pediatrics at the University of Florida Health Shands in Gainesville. She completed her residency in pediatrics at Arnold Palmer Children's Hospital in Orlando and was also the associate chief resident in 2013. Dr. Wolter is board-certified in pediatrics and is a member of the American Academy of Pediatrics and the American Medical Association. She is the founder of Nourish Wellness in Auburn, AL.

RICHARD R. THACKER, DO, MACOI, AOA President Elect

The AOA's president-elect. He serves as associate dean of clinical sciences and associate professor of internal medicine at the Alabama College of Osteopathic Medicine (ACOM) in Dothan, Alabama. In this role, he is responsible for overseeing all four years of clinical education required for osteopathic medical students, while also teaching internal medicine and contributing to faculty development and core curriculum.

Dr. Thacker brings more than three decades of leadership in clinical practice, medical education, and advocacy to the osteopathic profession. He has held key leadership roles, including chairman of the department of medicine, chief of staff, and chairman of the board of trustees at Capital Regional Medical Center. He also served as associate medical director of Big Bend Hospice for 15 years and was recognized with the HCA First Humanitarian Award in 2015 for his community service and international medical mission work.

He practiced internal medicine for 23 years at Capital Regional Medical Group in Tallahassee, Florida, following service as a national health service corps scholar at a federally qualified health center in Madison, Florida.

A past president of the Florida Osteopathic Medical Association (FOMA), Dr. Thacker continues to serve on multiple FOMA committees and the board of trustees. In 2008, he was named FOMS's physician of the year. His state-level contributions include membership on the Florida Medicaid pharmacy and therapeutic committee and advisory roles through the Department of Health.

Dr. Thacker earned his Doctor of Osteopathic Medicine degree from Nova Southeastern University Kiran c. Patel College of Osteopathic Medicine (nsu-kpcom), where he served as SOMA president and freshman class president. He completed his residency at Delaware Valley Medical Center, where he was chief intern and chief medical resident. He was also honored as the resident of the year. In 2024, he received the ACOM student advocate award.

GARY MOUNT, BS, PHARMD, 2025 PRESIDENT OF THE AL BOARD OF PHARMACY

A 1990 graduate of Auburn University with a BS in pharmacy, Gary earned his PharmD from the University of Florida in 2006, magna cum laude and recognized with a superior academic achievement award.

Having worked in many settings, Gary has a broad view of the pharmacy profession. Gary has served as a staff pharmacist, clinical pharmacist, assistant director, and director of a small hospital and director of the pharmacy for a large institution for eleven years, where he provided strategic leadership for 80 employees. In addition, Gary's retail experience has been in both chain and independent settings, and as a director of an independent. Gary has served as the president of the Alabama Board of Pharmacy.

Currently, Gary is the Chair of Pharmacology Professor at Edward Via College of Medicine, where he lectures on all body systems and conducts research with a special interest in pharmacogenomics. He also lectures for the anesthesiology assistants' program on the campus of VCOM - Auburn.

PHILLIP SNIDER, DO, MS, RD, FAAFP

Dr. Snider specializes in both dry needling and lifestyle/wellness medicine. He was a personal trainer and registered as a dietitian prior to medical school and is certified in dry needling. He incorporates a holistic approach to helping his patients improve their overall health, particularly those struggling with headaches, TMI pain, plantar fasciitis, and weight management. Dr. Snider is also a very talented musician and plays at various venues around Auburn. He also performs at the ALOMA Summer Conference.

Dr. Snider is Discipline Chair and Assistant Professor for Primary Care in Rural & Medically Underserved Areas at VCOM – Auburn.

THANK YOU to our sponsors!

Be sure to visit our exhibitors—your engagement helps strengthen the resources, innovations, and partnerships that support osteopathic practice across Alabama.



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