

**WASHINGTON ACADEMY OF FAMILY PHYSICIANS' FOUNDATION**  
**2023 STUDENT & RESIDENT RETREAT Olympia Hotel at Capitol Lake, OLYMPIA, WA**  
**February 4-5, 2023**

<b>Saturday, February 4, 2023</b>			
9:00 – 9:30 AM	<b>ARRIVE/REGISTRATION</b>		
9:30 – 9:45 AM	<b>Welcome/Orientation - Student &amp; Resident Trustees</b>		
9:45 – 10:00 AM	<i>Break/transition</i>		
10:00 AM – 11:30 AM	<b>Workshop 1: Point of Care Ultrasound</b> Dr. Stephen Erickson	<b>Workshop 2: Suicide Interventions for Adolescents</b> Dr. David Bauman	<b>Workshop 3: Dermoscopy</b> Dr. Miranda Lu
11:30 – 11:45	<i>Break/transition</i>		
11:45 AM – 1:15 PM	<b>Workshop 4: Lunch &amp; Keynote Speaker: Reproductive Health</b> Dr. Ying Zhang		
1:15 - 1:30	<i>Break/transition</i>		
1:30 PM – 2:30 PM	<b>Workshop 5: Papaya Workshop</b> Dr. Grace Shih	<b>Workshop 6: OB</b> Dr. Michelle Richards	<b>Workshop 7: Structural Competency</b> Dr. Alex Lindley
2:30 – 2:45 PM	<i>Break/transition</i>		
2:45 - 3:45 PM	<b>Workshop 9: Dermatology In Skin of Color</b> Dr. Matthew Perez	<b>Workshop 10: Negotiating a Contract for Residents</b>	
3:45 – 4:00 PM	<i>Break/transition</i>		
4:00 – 5:00 PM	<b>Faculty Panel (Practicing physicians and Fellows):</b> <i>Students: Finding passion in Family Medicine</i> <i>Residents: From Residency to New Physician</i>		
5:00 – 6:00 PM	<b>Social Hour</b> beverages, light appetizers, and mingling		
6:00 PM	<b>Break for day – Dinner on own-</b> Evening free - Explore town		
<b>Sunday, February 5, 2023</b>			
7:00 – 8:00 AM	<b>Yoga</b>		
7:00 - 9:00 AM	<b>Continental breakfast</b>		
9:00 - 10:00 AM	<b>Workshop 11: Vasectomy Training</b> Dr. Michalyn Powers	<b>Workshop 12: Care of Recently Incarcerated Patients</b> Dr. Zoe Taylor	<b>Workshop 13: Suboxone Training</b> Dr. Lucinda Grande
10:00 - 10:15 AM	<i>Break – (check out of hotel if needed)</i>		
10:15 - 11:15 AM	<b>Workshop 14: Trauma Informed Sexual History</b> Dr. Kevin Wang	<b>Workshop 15: End of Life Planning</b> Dr. Gregg Vandekieft	<b>Workshop 16: IUD Placement</b> Dr. Elizabeth Brallier
11:15 - 11:30	<i>Break / Transition-On Own</i>		
11:30 AM - 1 PM	<b>Lunch &amp; Closing Plenary Speaker</b> Physician Advocacy in the Community with Dr. Mark Johnson, Dr. Ann Diamond, and Dr. Kristin Larson.		