

OHIO OSTEOPATHIC SYMPOSIUM

OHIO'S PREMIER OSTEOPATHIC CME PROGRAM

EVENT PROGRAM

APRIL 24-28, 2019 HILTON COLUMBUS AT EASTON KEYNOTE SPEAKER MIKHAIL "DOCTOR MIKE" VARSHAVSKI, DO

Social Media and Medicine

www.OhioDO.org/cme

SPECIAL THANKS TO ISMIE MUTUAL INSURANCE COMPANY + FLAGSHIP HEALTHCARE



FOR GENEROUSLY SPONSORING LUNCH ON FRIDAY, APRIL 26

BUILDING A SOLID FOUNDATION

The Osteopathic Heritage Foundations is pleased to support the 2019 Ohio Osteopathic Symposium.

OHF is proud to support the following programs:

- J.O. Watson, DO, Memorial Lecture
- George L. Eckert, DO, Mentor of the Year Award

To learn more about the Osteopathic Heritage Foundations, please visit: **www.osteopathicheritage.org**

Osteopathic Heritage Foundations 1500 Lake Shore Drive, Suite 230 Columbus, OH 43204-3800

Phone (614) 737-4370



Osteopathic Heritage Foundations

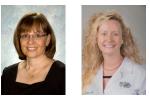
WELCOME TO OOS 2019

The 2019 Ohio Osteopathic Symposium marks the ninth year of collaboration between the Ohio Osteopathic Association and the Ohio University Heritage College of Osteopathic Medicine and its Society of Alumni and Friends. What a collaboration it has been for our osteopathic family!

This year, we are bringing together hundreds of DOs with the overall goal to advance the health of patients and prepare physicians to lead the transformation of primary care. Sessions on dermatology, orthopedics, cardiology and OMM address our changing health care system and some of society's most pressing health issues.

CME COMMITEE CHAIRS

Jennifer J. Hauler, DO ('01) – President, Ohio Osteopathic Association Jennifer L. Gwilym, DO ('02), FACOFP, FAAFP, CS – President, Heritage College Society of Alumni and Friends



THREE EASY STEPS TO RECEIVE YOUR CME CREDIT

- 1. Sign in at the registration table. (Look for the balloons.) You only need to sign in once during the entire symposium.
- 2. Print your name clearly and indicate your AOA member number on the CME Verification Request Form to receive credit.
- 3. Complete the CME Verification Request Form (with your AOA number and email address). Indicate only the number of hours you attended, sign at the bottom and turn in with your evaluation packet at the Registration Desk before you leave. If you forget to submit it before leaving, you may fax the form to 740.593.9536.

The CME Verification Request Form can be found in the CME Verification and Evaluation Material folder you received at registration. Please note that there is only one CME Verification Request Form to complete, and you will only need to sign in once. Physicians must complete the CME Verification Request Form attesting to the total number of hours attended. Credit will be given only to physicians who return the form indicating the total number of hours attended. No credit will be given to physicians who fail to do so. Credit will be submitted directly to the American Osteopathic Association by the Ohio University Heritage College of Osteopathic Medicine. A certificate of attendance will be emailed or mailed to you approximately four weeks after the symposium.

CME GUIDELINES

The 2019 Ohio Osteopathic Symposium is designed to comply with the Uniform Guidelines for Accrediting Agencies of Continuing Medical Education. Questions or complaints concerning the program should be directed to the Ohio University Heritage College of Osteopathic Medicine Office of Continuing Medical Education at 740.593.2292. Additional compliance information may be obtained by contacting the American Osteopathic Association Division of CME at 800.621.1773.

CME CREDIT

A total of 30.5 hours of Category 1-A CME credit has been granted by the American Osteopathic Association. Credits will be granted according to the following schedule:

Wednesday, April 24	3.0 credit hours
Thursday, April 25	8.0 credit hours
Friday, April 26	9.0 credit hours
Saturday, April 27	7.5 credit hours
Sunday, April 28	3.0 credit hours

An additional 3.0 Category 1-A credits are available if you choose to complete an Outcomes Assessment Survey, which will be emailed to you approximately 30 days after the conclusion of the symposium.

WIRELESS INTERNET

You will have access to the Hilton's wireless Internet during the educational sessions. In order to maximize efficiency and speed, please disable any wireless hotspots you have on your devices. Wireless hotspots can drag the Hilton's system down, causing it to crash. If you need to power your device, be sure to sit in the front row of the lecture room to have access to electricity and a power strip. Wifi login instructions are provided in your registration folder.

PROGRAM MATERIALS

PowerPoint presentations may be found on our secure website. Please refer to the handout in your registration packet for information on accessing these materials.

WEDNESDAY, APRIL 24, 2019 | TOTAL CREDITS: 3.0

TIME	FUNCTION	LOCATION	CME CREDITS
4:30-8:30pm	EXHIBITOR SET-UP + REGISTRATION	EASTON LOBBY	
6:00-9:00pm	 DERMATOLOGY ROUNDTABLE - RASHES AND SKIN ERUPTIONS THAT WOULD STUMP A PCP Dawn L. Sammons, DO ('03), FAOCD - Course Director Oakview Dermatology/Program Director, Dermatology Residency - O'Bleness Hospital Nicholas A. Benner, DO ('10) Pickaway Health Services/Berger Health System Andrea M. Costanza, DO Signature Dermatology Marya L. Cassandra, DO ('01) Signature Dermatology Ramona M. Sarsama Nixon, DO ('05) Ohio Premier Dermatology Chase A. Scarbrough, DO ('12) Blanchard Valley Medical Associates 	EASTON C/D/E JUNIPER A/B/C	3.0

THURSDAY, APRIL 25, 2019 | TOTAL CREDITS: 8.0

TIME	FUNCTION	LOCATION	CN CREI
7:00am- 5:00pm	REGISTRATION	EASTON LOBBY	
7:00-8:00am	CONTINENTAL BREAKFAST	EASTON LOBBY	
8:00am- 5:00pm	EXHIBITS OPEN	EASTON LOBBY	
3:00-10:00am	AMISH MEDICINE: BEST PRACTICES FOR HEALTHCARE DELIVERY Timothy D. Law, DO, Sr, DO ('94), MBA Melissa K. Thomas, PhD, MSPH, MSA, MCHES SPECIAL GUESTS Jacob Beachy, Amish Community Leader David Kline, Amish Community Leader	EASTON A/B	2.
10:00- 10:30am	COFFEE BREAK/VISIT EXHIBITS	EASTON FOYER REGENT FOYER	
10:30am- 12:00pm	OPIOID COMMUNITY CONVERSATION LAUNCH Daniel Skinner, PhD Berkeley A. Franz, PhD	EASTON A/B	1.
12:00-1:30pm	LUNCHEON - ALL WELCOME BUILDING A LEGACY Kenneth H. Johnson, DO, FAAO Heritage College, Executive Dean and Ohio University, Chief Medical Affairs Officer SPECIAL GUEST: M. Duane Nellis, PhD President, Ohio University	REGENT BALLROOM	1.
1:30-2:30pm	USING VIRTUAL REALITY TO VISUALIZE DIABETES Elizabeth A. Beverly, PhD Co-Director of Research, HCOM Diabetes Institute	EASTON A/B	1.
2:30-3:30pm	DO NO HARM: PROTECTING PATIENTS AND YOUR PRACTICE Ingrid Hubbard Reidy ISMIE Mutual Insurance Company	EASTON A/B	1.
3:30-4:00pm	COFFEE BREAK - VISIT EXHIBITS - EXHIBITOR AWARDS	EASTON FOYER	
3:30-5:30pm	HERITAGE COLLEGE ADMISSIONS INFORMATION SESSION - NO CME AVAILABLE John D. Schriner, PhD Associate Dean, Admissions & Student Affairs - Heritage College Jill L. Harman, MEd Senior Director, Admissions - Heritage College	JUNIPER B	
4:00-5:30pm	OHIO OSTEOPATHIC FOUNDATION (OOF) BOARD MEETING	LILAC	
:00-5:00pm	END OF LIFE: CONCEPTS AND CONTROVERSIES Nathan P. Samsa, DO ('02), PharmD Pulmonologist/Intensivist at The Bellevue Hospital	EASTON A/B	1.
	Harnar . Sunsu, DO (02), Harna IT amonologist, intensivist at the believae hospital		

HERITAGE COLLEGE ADDRESS LUNCHEON

ALL ARE WELCOME TO ATTEND

Years of strategic planning have paved the way for calculated institutional growth at Ohio University's Heritage College of Osteopathic Medicine, with the goal of producing more doctors to fill critical healthcare gaps across the state. During this luncheon address, OHIO's Chief Medical Affairs Officer and Heritage College Executive Dean Ken Johnson will discuss the innovative curricula, expansive clinical education networks, and interdisciplinary commitments that have transformed the college in recent years. Ohio University President M. Duane Nellis will reflect on the legacy and impact of Ohio's only osteopathic medical school, which is propelling his vision for the university as a whole. Special tribute will be paid to Dean Emeritus Frank Myers, whose advocacy and early leadership provided a strong foundation that the Heritage College continues to build upon.

M. DUANE NELLIS, PhD KENNETH H. JOHNSON, DO, FAAO

() 12:00PM - 1:30PM | REGENT BALLROOM

THURSDAY, APRIL 25, 2019

OSTEOPATHIC MEDICINE RECOGNITION MONTH WELCOME RECEPTION

In celebration of Osteopathic Medicine Recognition Month, please join us for an evening of fellowship as we gather to celebrate both past and present.

All are welcome to attend the reception.



THURSDAY, APRIL 25, 2019 () 5:30PM - 6:30PM | REGENT BALLROOM

OHIO ACOFP PRESIDENT'S INSTALLATION BREAKFAST

ALL ARE WELCOME TO ATTEND

Duane G. Koehler, DO, FACOFP dist., Immediate Past President, ACOFP will provide an update of events happening at the national level.

Jennifer L. Gwilym, DO ('02), FACOFP, AAFP, CS will be installed as president

7:00 - 8:00AM | Business Meeting + Installation



FRIDAY, APRIL 26, 2019
7:00AM - 8:00AM | REGENT BALLROOM

DUANE G. KOEHLER, DO, FACOFP DIST. JENNIFER L. GWILYM, DO ('02), FACOFP, FAAFP, CS

TOTAL CREDITS: 9.0

TIME	FUNCTION	LOCATION	CME CREDIT
7:00-8:00am	REGISTRATION	EASTON LOBBY	
7:00-8:00am	CONTINENTAL BREAKFAST	REGENT LOBBY	
7:00-8:00am	OHIO ACOFP PRESIDENT'S INSTALLATION BREAKFAST Special Guest: Duane G. Koehler, DO, FACOFP dist. ALL ARE WELCOME - NO CME CREDIT OFFERED	REGENT BALLROOM	
7:00am-noon	EXHIBITS OPEN	EASTON LOBBY	
8:00-10:00am	CHRONIC VEIN DISEASE AND VENOUS THROMBOEMBOLISM CHRONIC VEIN DISEASE SPECTRUM: IDENTIFICATION AND DIFFERENTIAL DIAGNOSIS - Raghu Kolluri, MD NOT ALL EDEMA IS MANAGED WITH DIURETICS: A PRACTICAL APPROACH TO LOWER EXTREMITY SWELLING - Samih Bittar, MD CONTEMPORARY MANAGEMENT STRATEGIES FOR ACUTE LOWER EXTREMITY DVT - Mitchell J. Silver, DO ('89) CONTEMPORARY MANAGEMENT STRATEGIES FOR ACUTE PULMONARY EMBOLISM - Michael A. Jolly, MD	EASTON A/B	2.0
10:00- 10:30am	VISIT EXHIBITORS - REFRESHMENT BREAK		
10:30-11:30am	J.O. WATSON MEMORIAL LECTURE OSTEOPATHIC MEDICINE: 'STILL' BLAZING A TRAIL - Karen J. Nichols, DO, MA, MACOI, CS, Vice Chair, ACGME Board of Directors	EASTON A/B	1.0
11:30am- 12:30pm	PATIENT EXPERIENCE: SHOULD I "CARE"? Marc R. Belcastro, DO ('81) Chief Medical Officer, Premier Health	EASTON A/B	1.0
12:30-2:00pm	LUNCHEON - ALL WELCOME AOA PRESIDENT'S ADDRESS - William S. Mayo, DO OOA PRESIDENT'S ADDRESS: TAKE MEDICINE BACK - Charles D. Milligan, DO	REGENT BALLROOM	1.5
2:00-3:00pm	SOCIAL DETERMINANTS OF HEALTH: HOW OHIO'S DEPARTMENT OF HEALTH AND AGING CAN SUPPORT HEALTHCARE PROFESSIONALS AND THEIR PATIENTS Clint J. Koenig, MD, MA, MSPH Medical Director, Ohio Department of Health Ashley S. Davis, MA, RDN, LD Population Health and Nutrition Manager, Ohio Department of Health	EASTON A/B	1.0
2:00-3:45pm	HOUSE OF DELEGATES	EASTON C/D/E	
3:00-4:00pm	BEHAVIORS ASSOCIATED WITH DEMENTIA Donald L. Freidenberg, DO Ohio Health Neurology and Neurobehavior	EASTON A/B	1.0
3:45-4:15pm	REFRESHMENT BREAK - GRAB AND GO	EASTON LOBBY	
3:45-5:30pm	HOUSE OF DELEGATES - REFERENCE COMMITTEES Constitution/Bylaws Ad Hoc	JUNIPER B JUNIPER C	
4:00-5:30pm	ORTHOPEDICS INJECTION WORKSHOP FOR PRIMARY CARE PHYSICIANS Nicholas A. Cheney, DO ('07) Desmond J. Stutzman, DO ('95) Robert J. Nowinski, DO Ryan M. Palmer, DO ('09) Michael B. Cannone, DO ('93) Presented by OrthoNeuro	EASTON A/B	1.5
6:00-8:30pm	COCKTAIL AWARDS RECEPTION HONORING YOUR OSTEOPATHIC PEERS Heritage College Awards/OOA Awards/Ohio ACOFP Awards	REGENT BALLROOM	

OSTEOPATHIC MEDICINE: 'STILL' BLAZING A TRAIL

Karen J. Nichols, DO, MA, MACOI, CS, was selected to deliver the annual lecture, a prestigious, long-standing tribute to one of Ohio's most respected DOs, the late J.O. Watson. The award honors individuals who have made a significant contribution to the advancement of health care, osteopathic medical education, or research. Thanks to the generous support of the Osteopathic Heritage Foundations, the lecture award carries an honorarium and a \$5,000 charitable contribution in the recipient's name to an osteopathic supportive endowment, college, university, or foundation of the lecturer's choice.



FRIDAY, APRIL 26, 2019 10:30AM - 11:30AM | EASTON A/B

AOA UPDATE + OOA PRESIDENT'S ADDRESS

WILLIAM S. MAYO, DO | President, American Osteopathic Association, 2018-2019

Dr. Mayo is a board-certified ophthalmologist practicing in Oxford, Mississippi. He is a clinical instructor at William Carey University College of Osteopathic Medicine in Hattiesburg, Mississippi, where he chaired the department of Ophthalmology. A 1981 graduate of Kansas City University of Medicine and Biosciences, Dr. Mayo completed a residency in ophthalmology at University of Mississippi Medical Center.

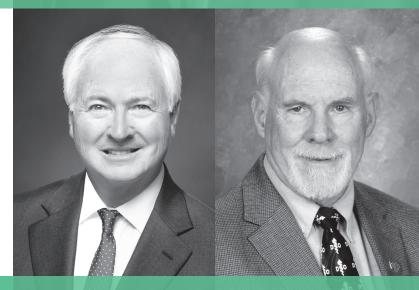
CHARLES D. MILLIGAN, DO | President-Elect, Ohio Osteopathic Association, 2019-2020

Dr. Milligan has been practicing family medicine in the Orville, Ohio, area since 1981. He grew up in Denver, Colorado, and graduated from the University of Colorado-Boulder with a degree in chemistry. He completed medical school at Kirksville College of Osteopathic Medicine and served a rotating internship at Doctors Hospital of Stark County in Massillon. Board-certified in family medicine and neuromusculoskeletal medicine, Dr. Milligan enjoys teaching osteopathic manipulative treatment to medical students.

*Lunch is generously sponsored by ISMIE Mutual Insurance Company and Flagship Healthcare

FRIDAY, APRIL 26, 2019 12:30PM - 2:00PM | REGENT BALLROOM

KAREN J. NICHOLS, DO, MA, MACOI, CS VICE CHAIR, ACGME BOARD OF DIRECTORS



WILLIAM S. MAYO, DO - PRESIDENT, AOA CHARLES D. MILLIGAN, DO - PRESIDENT-ELECT, OOA

ORTHOPEDICS INJECTION WORKSHOP FOR PRIMARY CARE PHYSICIANS

Learn critical orthopedic topics from expert faculty at the 2019 Ohio Osteopathic Symposium. The orthopedics workshop will provide you with a well-rounded foundation on some of the most challenging aspects of joint injection.

Faculty will discuss topics across orthopedic specialties, including injuries to the shoulder, elbow, wrist, hand, hip, knee, foot, and ankle. Get engaging, hands-on instruction in a rapid fire lecture format.

OrthoNeuro For every motion in life.

FRIDAY, APRIL 26, 2019 4:00 - 5:30PM | EASTON A/B

SATURDAY, APRIL 27, 2019 | TOTAL CREDITS: 7.5

TIME	FUNCTION	LOCATION
6:45-7:30am	REMOTE RACE FOR A REASON - 3K WALK/FUN RUN Sponsored by the Heritage College of Osteopathic Medicine	OOS REGISTRATION DESK
7:00am- 5:00pm	REGISTRATION	EASTON LOBBY
7:00-8:00am	CONTINENTAL BREAKFAST	REGENT/REGENT PRE-FUNCTION
3:00-11:00am	POSTER EXHIBITON + COMPETITION	REGENT BALLROOM + FOYER/PRE- FUNCTION
8:00-9:00am	DISTINGUISHING THE DIFFERENT TYPES OF TUMOR BRIAN P. FAHEY, DO ('86) General Neurology - Ohio State University Wexner Medical Center	EASTON A/B
9:00- 10:00am	UPDATE ON TREMOR SURGERY VIBHOR KRISHNA, MD, MBBS General Neurology - Ohio State University Wexner Medical Center	EASTON A/B
10:00- 10:30am	REFRESHMENT BREAK - VIEW POSTERS	REGENT BALLROOM
10:30-11:30am	KEYNOTE ADDRESS: SOCIAL MEDIA AND MEDICINE Mikhail "Doctor Mike" Varshavski, DO	EASTON A/B
1:30am-noon	TOPIC: EMERGING OSTEOPATHIC RESEARCH Darlene Berryman, PhD, RD, LD Associate Dean for Research and Innovation - Heritage College	EASTON A/B
2:00-2:00pm	RUSP RESEARCH FORUM (STUDENT PARTICIPANTS - NO CME CREDIT OFFERED)	REGENT 3 BALLROOM
2:00-1:30pm	LUNCH ON YOUR OWN - OR -	
	DAYTON DISTRICT ACADEMY CAUCUS MEETING (Boxed lunch served) CLEVELAND DISTRICT ACADEMY CAUCUS MEETING (Boxed lunch served) SMALL ACADEMIES DISTRICT CAUCUS MEETING (Boxed lunch served) COLUMBUS DISTRICT ACADEMY CAUCUS MEETING (Boxed lunch served) AKRON/CANTON DISTRICT ACADEMY CAUCUS MEETING (Boxed lunch served)	LILAC WORTHINGTON JUNIPER C JUNIPER B EASTON C/D/E
1:30-5:30pm	LIFESTYLE MEDICINE WORKSHOP: INTEGRATING AN EVIDENCE BASED LIFESTYLE SOLUTION INTO YOUR PRACTICE Brian H. Asbill, MD, FACC Asheville Cardiology Associates (North Carolina)	COLUMBUS ROOM
1:30-2:30pm	TAR WARS: CIGARETTES VS. VAPING Nathan P. Samsa, DO ('02), PharmD Pulmonologist/Intensivist, The Bellevue Hospital	EASTON A/B
2:30-3:30pm	NOT TONIGHT, I HAVE A HEADACHE: NEW ADVANCES IN MIGRAINE TREATMENT Nicole J. Danner, DO ('01), MS General Neurology – Advanced Neurologic Associates, Inc.	EASTON A/B
3:15-3:45pm	REFRESHMENT BREAK - GRAB AND GO	EASTON LOBBY
3:30-5:30pm	OMM WORKSHOP CLINICALLY ORIENTED OMT: LUMBAR SPINE Benjamin V. Bring, DO Assistant Program Director and Osteopathic Track Director, Family Medicine Residency Program Dublin Methodist Hospital	REGENT BALLROOM
3:30-5:30pm	OOA HOUSE OF DELEGATES	EASTON C/D/E
6:00-8:00pm	DINNER ON YOUR OWN - GRAB A COLLEAGUE AND GO!	

SUNDAY, APRIL 28, 2019 | TOTAL CREDITS: 3.0

TIME	FUNCTION	LOCATION	CME CREDITS
8:00-11:00am	AOA CO*RE REMS PROGRAM PAIN MANAGEMENT AND OPIOIDS: BALANCING RISKS AND BENEFITS William R. Morrone, DO, MPH, MS, FAOAAM, ASAM, FACOFP, DABAM, DAAPM	EASTON A/B	3.0
11:00am- 12:30pm	FAREWELL BRUNCH	REGENT BALLROOM	

TS

THE NINTH ANNUAL REGIONAL OSTEOPATHIC POSTER EXHIBITION + COMPETITION

SPONSORED BY:

Ohio University Heritage College of Osteopathic Medicine Centers for Osteopathic Research and Education and Ohio Osteopathic Association

Light refreshments provided.

SATURDAY, APRIL 27, 2019
 8:00AM - 11:00AM | REGENT BALLROOM

KEYNOTE ADDRESS

SOCIAL MEDIA AND MEDICINE

Mikhail Varshavski, DO, also known as Doctor Mike, is a board-certified family physician in Summit, NJ, who emphasizes the importance of preventive medicine. lifestyle modifications, and patient empowerment through both his practice and his outreach activities. As a regular contributor to national television shows and online publications, he has established himself as a leader within the field of digital healthcare and the relationship between social media and medicine. Doctor Mike is widely known as the most-followed doctor on social media, with a combined 6 million followers on Instagram, Facebook and YouTube. In late 2015, Doctor Mike launched his own charity, "The Limitless Tomorrow Foundation," and he has partnered with several other philanthropic organizations including Stand Up 2 Cancer, AmeriCares, and the Susan G. Komen Foundation. In addition to his work with his patients, Doctor Mike also routinely trains medical students in the clinical setting. He graduated from the New York Institute of Technology in 2014 with a bachelor's degree in life sciences and a doctorate in osteopathic medicine via an accelerated 7-year track. He completed his Family Medicine Residency in 2017 with honors





WINNERS WILL BE ANNOUNCED AT 11:30AM



MIKHAIL "DOCTOR MIKE" VARSHAVSKI, DO KEYNOTE SPEAKER

PRIZE DRAWINGS: VISIT EXHIBITS AND WIN!

Look for prize cards in your registration packet. Each card completed with the exhibitors' signatures qualifies for one chance to win, for a total of four chances. DOs (not spouses, guests, or children) must personally have the cards signed. Sorry, residents and students are not eligible. Physicians must be present when the raffle is conducted during Sunday's Farewell Brunch to win. The Grand Prize drawing is sponsored by the Ohio Osteopathic Association and the Heritage College Society of Alumni and Friends. Funding for the raffles does not come from exhibit fees.

Exhibits are open Thursday, 8:00AM – 5:00PM, and Friday until 12:00PM. The Grand Prize is \$1,500; Second Prize is \$1,000; and Third Prize is \$500.

SAVE THE DATE OOS CONFERENCE - APRIL 22-26, 2020

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2019 EXHIBITORS

- Abbott Neuromodulation AbbVie Allergan Amarin Pharma Inc. Amgen AstraZeneca Boehringer Ingelheim Pharmaceuticals, Inc **Boston Heart Diagnostics** Bristol Myers Squibb Company Cannabis Expertise DocMJ - Medical Cannabis Physician Practice Eil Lilly GeneSight HCOM Clinical & Translational Research Unit Horizon Pharma ISMIE Mutual Insurance Company J & M Distribution Janssen Pharmaceutical
- Kowa Pharmaceuticals America, Inc. Live Healthy Appalachia Merck Novartis Novo Nordisk Ohio University Diabetes Institute OrthoNeuro/The Orthopedic Foundation Orthopedic ONE Otsuka America Pharmaceutical Inc. Pfizer Pharmaceuticals State Medical Board of Ohio SYNUTRA PURE, LTD Takeda Pharmaceuticals The Ohio Department of Insurance -OSHIP Division Visiting Physicians Association

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44 As a rower, I value teamwork and pulling together for a common goal. Let's do that for our profession. We will strengthen the future of osteopathic medicine and lead the transformation of health care in Ohio if we all PULL together. ??
Robert W. Hostoffer, Jr., DO, OOA President, 2015-2016



A collaboration of Ohio University Heritage College of Osteopathic Medicine and Ohio Osteopathic Association



