

PONTE VEDRA BEACH WOMEN'S HEALTH & ROBOTICS SYMPOSIUM

OCTOBER 9-11, 2026 • Ponte Vedra Inn & Club • Ponte Vedra Beach, Florida

DAY 3 • Sunday, October 11

7:30 AM - 2:15 PM	Registration & Information
7:30 AM - 8:30 AM	Breakfast with Exhibitors
SESSION 7 Women's Health 2026 Moderators <i>Martin A. Martino MD, Ginger J. Gardner, MD, FACOG</i>	
8:30 AM – 9:00 AM	Welcome Remarks: The State of Women's Health <i>May H. Blanchard, MD - ACOG President</i>
9:00 AM - 9:30 AM	KEYNOTE: Improving Women's Health Together <i>Dorothy Fink, MD - Deputy Assistant Secretary for Health Director: Office of Women's Health</i>
9:30 AM - 9:50 AM	Discussion Q&A
9:50 AM - 10:10 AM	Peptides and Compounds: What Really Matters
10:10 AM - 10:30 AM	Breast Health: 2026 Screening and Prevention Updates <i>Kathryn Pearson, MD</i>
10:30 AM - 10:45 AM	Break with Exhibitors
SESSION 8 Finding Health and Balance Moderators <i>Martin A. Martino MD, Gregory F. Kainz, DO</i>	
10:45 AM - 11:05 AM	Longevity Medicine: Lifespan vs Healthspan <i>Gregory F. Kainz, DO</i>
11:05 AM - 11:25 AM	Exercise and Nutrition for the Heart <i>Matthew Martinez, MD</i>
11:25 AM - 11:45 AM	Sleep and Recovery: What You Need to Know
11:45 AM - 12:45 PM	Lunch Discussion
12:45 PM - 1:05 PM	Menopause and your GI Tract: Understanding the Microbiome <i>Rebekah Richmond, MD</i>
1:05 PM - 1:25 PM	GLP1's: When, Where and How? <i>Aileen Caceres, MD, MPH, FACOG</i>
1:25 PM - 1:40 PM	Supplements: Creatine, Protein, and What Really Matters
1:40 PM - 1:45 PM	Estrogen and Skin Health
1:45 PM - 2:00 PM	Closing Remarks: THANK YOU <i>Gregory F. Kainz, DO, Martin A. Martino, MD</i>