

Emory's 8th Annual Women's Sports and Wellness Conference
Saturday, August 15th, 2026
Women and Girls in Motion: Health, Performance, and Longevity
Strong, Empowered, Resilient

8:00-8 Room 110	Opening Remarks Courtney Gleason, MD Director, Emory's Female Athlete Program		
	ROOM 110 Zoom Link 1		ROOM 120 Zoom Link 2
8:05-9:15am	Session 1 Bone Stress Injuries		Session 2 Mental Performance and Team Culture
8:05am	Medical management of high grade/high risk bone stress injury Rosa Pasculli, MD, MBA		A Powerful Mind Kensa Gunter, PsyD, CMPC
8:25am	Fueling after bone stress injury Sarah Flood, MS, RDN, LD		Mental health effects of social media/influencer culture Kalyn Wilson, LCSW
8:45am	Physical therapy and return to run after bone stress injury Kate Edwards, PT, DPT		Building Team Cohesion Amanda Mattox, MS, LAT, ATC
9:05am	Panel Discussion		Panel Discussion
9:15am	Break		
9:20-11:00am	Session 3 Relative Energy Deficiency in Sport		Session 4: Community Track Movement and Performance Fundamentals
9:20am	Relative Energy Deficiency in Sport: Navigating Diagnosis, Achieving Buy In, and Optimizing Treatment and Recovery Courtney Gleason, MD		LAB: Teaching lifting mechanics for beginners Liz Dixon, PT, DPT and Danielle Fitzgerald, PT, DPT
9:40am	Tracking low energy availability in runners: What are the metrics to monitor? Lisha Taylor, MD		Breast Support During Exercise: the 101 of Sports Bras and Apparel Pauline Skowron, MD
10:00am	REDS and Considerations on Sports Performance Elizabeth Collins, MD MPH		Physical Therapy High Points for Dancers with Hip Impingement Liz Chesarek, PT, DPT, SCS
10:20am	Relative Energy Deficiency in Sport: Let's Talk About Transdermal Estrogen Patches! Bridget Doyle, DO, MPH		Unlocking Movement: The Role of Dry Needling in Rehabilitation Ann MacDougall, PT, DPT, CMTPT/DN
10:40am	Panel Discussion		Panel Discussion
10:50am	Break		
11:00-12:30pm	Session 5 Fueling Female Athletes		Session 6: Community Track Empowering Female Athletes
11:00am	Sport Nutrition for Pickleball: From the Pros to Recreational Players Page Love, MS, RDN, CSSD		Mythbusters: Menstrual Cycle 101 Arin Swerlick, MD
11:20am	Beyond Weight Loss: The GLP-1 Effect on Body Composition and Athletic Performance Frazier Keitt, DO, CAQSM, MS		Fueling the female athlete: macros and micros Rachel Jones, RN, MS, RD, LD
11:40am	Bone Health Across the Lifespan: Nutrition Considerations for Active Women and Girls Val Schonberg, MS, RDN, CSSD, LD, MSCP		Creating safe spaces in sport Abbey Griffith, CPT (Clarity Fitness)
12:00pm	Panel: "Food First, but Not Always Food Only" Julie Brake, MS, RDN, LD, David Orozco, MS, RDN, CIEC, EP-C, Val Schonberg, MS, RDN, CSSD, LD, MSCP, Page Love, MS, RDN, CSSD		Healthcare Literacy for the Female Athlete Emma Faulkner, PT, DPT
12:20pm	Panel Discussion		Panel Discussion
12:30pm	LUNCH (provided for all in person attendees)		

1:00pm	KEYNOTE SPEAKER The Power of Sport: My Journey from Athlete to Sports Executive Sarah Kate “Skate” Noftsinger Atlanta United’s Senior Vice President and Chief Business Officer		
1:40pm	Break		
1:45-3:05pm	Session 7 The Female Athlete Across the Lifespan		Session 8 Pelvic Health and Performance
1:45pm	The Female Athlete Across the Lifespan: Lessons from the Team Physician Ezi Obunadike, MD		Below the Belt: Understanding Pelvic Pain in Active Women Yogita Tailor, DO
2:05pm	Athletic Excellence: This is 50! Markesha Henderson, Ed.D		Leak-Proof Performance: Building a Resilient Pelvic Floor for High-Impact Sports Vrunda Takalkar, PT
2:25pm	Safe Exercise as we age and through menopause Leah Todd, PT, DPT and Melinda Pasion, PT		Pearls for Pregnant and Postpartum Athletes Cherie Hill, MD
2:45pm	Beyond Hot Flashes: Musculoskeletal Implications of Menopause and the Role of Hormone Replacement Therapy Nadi Kaonga, MD, MHS, MS and M.E. Cunningham		Menstrual Cycle: Sports Injury and Performance Cassidy Foley Davelaar, DO, CAQSM, FAAP
3:05pm	Panel Discussion		Panel Discussion
3:15pm	Break		
3:20-5:00pm	Session 9 Special Considerations in the Female Athlete		Session 10 Medical Emergencies and Sideline Decision-Making
3:20pm	Why are female athletes still tearing their ACLs at a higher rate than males? Anna Cottle, PT, DPT, ATC and Sydney Routh PT, DPT		Concussion Management in the Female Collegiate Athlete: Optimizing Academic Readiness and Return to Sport Rudae Gadson, MSAT, LAT, ATC, NREMT
3:38pm	Back pain in the female athlete Morgan Heinzelmann-Weisbaum, MD		Sideline Pearls for Playing Safely in the Heat Brooke Best, ATC
3:56pm	The Overhead athlete: requirements for overhand throwing vs a windmill pitch Crystal Busbee, PT, DPT, SCS, CSCS		Ankle Sprains 101 for the High School Sidelines Kaitlynn Rios, MS, LAT, ATC
4:14pm	Calling All Gymnasts: Physical Therapy Considerations for Sports Specialization and Overuse Injuries Courtney Johnson, PT, DPT, SDN		Type 1 diabetes in female athletes Brittany Verras, MPH, RD, LD, CSSD, DipACLM
4:32pm	Return to sport after joint replacement surgery Nicole Schultz, MPAS, PA-C		Healthcare on the Sideline: Who’s Watching Your Athlete Jennifer London, MS, LAT, ATC
4:50pm	Panel Discussion		Panel Discussion
5:00pm	Closing Remarks Courtney Gleason, MD Director, Emory’s Female Athlete Program		