



NEVADA ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR NEVADA

NAFP Student/Resident Winter Retreat

January 23–25, 2026, Harrah's Lake Tahoe

Friday, 1/23

6:30–11:30pm Registration and Room Key Pick up

(NAFP Registration Desk- 2nd Floor)

Saturday, 1/24

8:00–9:00am | Breakfast and Nevada Residency Program Introductions (Sand Harbor 3)

9:00–10:00am | Why Family Medicine? – **Daniel R. Spogen, MD, FAAFP** (Sand Harbor 3)

10:00–10:15am | BREAK

10:15am–12:15pm | Speed Dating: Meet the Many Faces of Family Medicine – **NAFP Board and Faculty** (Sand Harbor 1)

12:30–1:30pm | Lunch & Guest Speaker (Sand Harbor 3)

1:30–3:30pm | Reproductive Health Workshop (L&D, Nexplanon, IUD, EMB, MVA, OB U/S and Vasectomy) **Catherine McCarthy, MD, FAAFP, Leslie Greenberg, MD, FAAFP, Kelly Thibert, DO, FAAFP, Gerica Alvarado, MD, FAAFP, Ashley Jones, MD, Andra Prum, DO, FAAFP and Aaron Dieringer, MD, FAAFP** (Sand Harbor 1)

3:30–5:30pm | Joint Injection Workshop – **Andra Prum, DO, FAAFP and Ben Winter, DO**

6:00–7:30pm | Après Ski Party (NAFP Hospitality Suite – Room 301 & 302)

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475 Hill St., Suite B • Reno, NV 89501 • brooke@nvafp.com
Phone: 775-826-5100 • Fax: 775-826-4475

Sunday, 1/26

7:00–8:00am | Breakfast
(Sand Harbor 3)

7:45–9:00am | Partnering for Change- Effective Strategies in Obesity Management for Primary Care Professionals – **Kyra Norris, MD, FAAFP** (Sand Harbor 2)

9:00–9:15am | BREAK

9:15–11:15am | Procedures Stations (Glenbrook-Emerald Bay and Exhibit Hall)

- 1- Toenail Removal and Local Anesthetic Injections – **Richard Williams, MD**
- 2- Sebaceous Cyst Removal – **Trenton Argyle, MD**
- 3- Circumcision – **Tim Grunert, MD**
- 4- Musculoskeletal Techniques – **Mark Stovak, MD, FAAFP, FACSM, CAQ**

11:15am–12:15pm | Having fun in Rural Family Medicine – **Aron Rogers, DO, Kaleb Wartgow, MD, Lacy Fetic, MD and Trenton Argyle, MD** (Location TBA)

12:30–1:30pm | Lunch & Guest Speaker
(Summit Room – 16th Floor)

1:30–2:30pm | Student/Resident Poster Presentations (Sand Harbor 3)

2:30–3:30pm | Cardio-Renal Metabolic Conditions – **Jay Shubbrook, DO, BC-ADM, FACOFP, FAAFP** (Sand Harbor 2)

3:30–3:45pm | BREAK

Optional afternoon sessions:

3:45–4:30pm | General Surgery Updates in Primary Care- Gallstones, Appendicitis, Hernias and Diverticulitis- **Patrick Kenney, DO, FACS**
(Sand Harbor 2)

4:30–6:30pm | Trend In Cardiovascular Medicine for the Family Physician – **Ali Alkhayru, MD, Interventional Cardiology, Joe Stevenson, DO, FACC, Pulmonary Hypertension, DEVANG M DESAI, MD, FACC, FSCAI, Structural Heart Disease, AFib and Stroke and Waddy Gonzales Diaz, MD, Heart Failure**
(Sand Harbor 2)

6:30–8:30pm | Wine Tasting Reception and Silent Auction (Exhibit Hall)