

**18<sup>th</sup> Annual ONSF Medical Education Conference**

**Optimizing Musculoskeletal and  
Brain Health Across Lifespan**

Greenwich High School Performing Arts Center  
10 Hillside Road, Greenwich, CT

**Saturday, November 14, 2026**

**Chairmen:** Mark Vitale, MD, MPH and Paul Tomaszewski, MD

**CME or CEU Credit for:** Physicians, Nurses, Physician Assistants, Physical & Occupational Therapists

**Keynote Speaker:** TBD

**PROGRAM**

8:00 a.m. Registration

8:30 a.m. Welcome and Program Announcements - *Mark Vitale, MD, MPH and Paul Tomaszewski, MD*

**Session I**

8:40 a.m. Wearable Technology & Human Performance: What Can We Measure? – *Paul Sethi, MD*

8:50 a.m. Muscle as Medicine Throughout Healthspan – *Matthew Cantlon, MD*

9:00 a.m. Optimizing Performance: The Weekend Warrior to World Class Athlete – *Marc Kowalsky, MD*

9:10 a.m. Q&A

9:20 a.m. Peptides: What is the Real Deal? – *Carlton Colker, MD*

9:30 a.m. Protecting the Aging Brain: Strategies to Reduce Dementia Risk – *Marc Otten, MD*

9:40 a.m. GLP-1 Agonists and the Surgical Patient: What Every Clinician Needs to Know – *Matthew Perlstein, MD*

9:50 a.m. Q&A

10:00 a.m. The Injured Athlete: Optimizing Return to Sport After Ankle Injury – *Gerard Marciano, MD*

10:10 a.m. Grip Strength and Healthy Aging: What Your Hands Tell Us About Longevity – *Mark Vitale, MD*

10:20 a.m. Can You Still Be an Athlete After a Joint Replacement? – *Jonathan Berliner, MD*

10:30 a.m. Q&A

10:40 a.m. BREAK

**Session II**

11:10 a.m. Keynote Presentation: *TBD*

12:00 p.m. Building and Preserving Bone: Exercise and Nutrition for Women – *Alicia Hirscht, DPT*

12:10 p.m. Concussion and Brain Health Across the Lifespan – *Ben Greene, MD*

12:20 p.m. Regenerative Medicine in 2026: Evidence, Hype and What's Coming Next – *Charles Kent, DO*

12:30 p.m. Q&A

12:40 p.m. Adjourn

**CONFERENCE IS FREE OF CHARGE – REGISTRATION REQUIRED**

**VISIT** [www.onsf.org](http://www.onsf.org) **EMAIL** [splant@onsmd.com](mailto:splant@onsmd.com)

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