

CAYUGA WELLNESS LECTURE SERIES

2026-2027 Educational Program

📍 **Island Health & Fitness Center (3rd Floor)**

310 Taughannock Blvd., Ithaca, NY 14850

🕒 **Third Thursday of Each Month | 7:00 AM - 8:00 AM**

🍳 **Breakfast Provided**

🎓 **Continuing Medical Education Available**

***RSVP is preferred but not required

Lecture Schedule

September 17, 2026

The Pre-Participation Physical Exam: What is Important and What Isn't

Speaker: Andrew Getzin, MD

Clinical Director of Sports Medicine and Athletic Performance

Cayuga Medical Center

October 15, 2026

Management of Meniscus Injury

Speaker: Garret Garofolo-Gonzalez, MD

Sports Orthopedic Surgeon

Cayuga Medical Center

November 19, 2026

Common Reasons for Referral to a Hand Surgeon

Speaker: Saeed Mohammad, MD
Hand/Wrist Orthopedic Specialist
Cayuga Medical Center

December 17, 2026

Exercise Intolerance, Post-Exertional Malaise and Physical Inactivity: The Bottom End of the Fitness Spectrum

Speaker: Geoffrey E. Moore, MD, FACSM
Healthy Living and Exercise Medicine Associates

January 21, 2027

Relative Energy Deficiency in Student Athletes

Speaker: Nick Downs, DO
Primary Care Sports Medicine Physician
Clinical Director of Sports Medicine, Cornell University

February 11, 2027 *** (held on the second Thursday of the month)

Hamstring Injury: Anatomy, Mechanism of Injury, and Imaging Findings

Speaker: Walter Silbert, MD
General Diagnostic & Musculoskeletal Radiologist
Cayuga Medical Center

Held one week early due to ICSD Winter Break.

March 18, 2027

Common Medical Issues in Tennis Athletes

Speaker: Brian Daniels, MD
Sports Medicine Physician
Cayuga Medical Center

April 15, 2027

Joint Dislocations from Head (Neck) to Toe

Speaker: Ben Donohue, MD, MBA
Orthopedic Surgeon, Sports Medicine & Generalist
Cayuga Medical Center

May 20, 2027

Vertigo: Identification and Treatment

Speakers:

- Rachael Lynch, PT, DPT, OCS, AIB-VR II
- Kristina Beavers, PT, DPT, OCS, AIB-VR II

Board Certified Clinical Specialists in Orthopedic Physical Therapy
Cayuga Medical Center

June 17, 2027

Coronary Artery Calcium Scoring and Lp(a) Measurement in Cardiovascular Risk Assessment

Speaker: Brian Marino, DO
Cardiologist
Cayuga Medical Center

Join Us!

The Cayuga Wellness Lecture Series brings together healthcare professionals and community members for engaging presentations on sports medicine, wellness, rehabilitation, cardiology, and current health topics.

Free Attendance • Networking • Breakfast • CME Credit Opportunities

For additional information as well as to RSVP, contact Elyse Moran at emoran@cayugamed.org