



2026 ANNUAL MEETING AND LEADERSHIP AWARDS

OCTOBER 15-16 | ALERUS CENTER | 1000 S 42ND ST. | GRAND FORKS, ND



As president of the North Dakota Medical Association, the state's oldest and largest physician organization, it is my pleasure to invite you to the NDMA 2026 Annual Meeting.

The meeting is held in conjunction with the ND Chapter of the American College of Physicians and the ND Chapter of the Society of Hospital Medicine. The combined effort is an opportunity to network with a larger audience and increase the program's dynamics.

This is an exciting time to share policy ideas and celebrate achievements. Please join us. You'll be glad you did.

NDMA President Dr. Parag Kumar

PROGRAM AT A GLANCE

THURSDAY, OCTOBER 15

2:30-5:00 pm | **Council Meeting** *(Council Members Only)*

5:30-7:30 pm | **Annual Meeting Social**
North Dakota Museum of Art

FRIDAY, OCTOBER 16

7:00 am | **Registration Opens**

7:30 - 8:30 am | **Breakfast with the Dean:**
Dr. Marjorie Jenkins

8:45 - 10:30 am | **Policy Forum**

10:30 - 11:00 am | **Break - Network with Vendors**

11:00 - 12:00 pm | **Intentional Growth at All Career Stages: Create a Fulfilling Legacy**

12:00 - 1:30 pm | **Leadership Awards Ceremony Luncheon and Networking**

1:30 pm | **Afternoon Session: Welcome**

1:45 - 2:30 pm | **The Future of Medicine: Precision Medicine, AI, and the Next Era of Healthcare**

2:30 - 3:30 pm | **Food as Medicine - A Pillar of Lifestyle Medicine**

3:30 - 4:15 pm | **Updates in Medicine**

4:15 pm | **Adjourn**

THURSDAY, OCTOBER 15

2:30 pm | **NDMA Council Meeting**

Alerus Center, Meeting Room 3, 1000 S 42nd Street
(council members only)

5:30-7:30 pm | **Social**

Hosted by Third District Medical Society

North Dakota Museum of Art | 216 Centennial Drive
Grand Forks, ND

FRIDAY, OCTOBER 16

Event Room Locations

Policy Forum and Educational Sessions: Ballroom 1

Breakfast, Break and Leadership Awards Luncheon: Ballroom 2 & 3

7:30-8:30 am | **Breakfast with the Dean**

Serving North Dakota Today and Tomorrow
Ballroom 2 & 3

Sponsored by:  **UND SCHOOL OF MEDICINE & HEALTH SCIENCES**
UNIVERSITY OF NORTH DAKOTA



Marjorie R. Jenkins, MD, MEDHP, FACP

Vice President for Health Affairs, University of North Dakota Dean, UND School of Medicine & Health Sciences

- Opportunity to mingle with Dr. Jenkins and network with vendors
- Dr. Jenkins' presentation begins at 8:00 am

Join Dr. Marjorie Jenkins for breakfast as she shares insights on the latest developments at the UND School of Medicine & Health Sciences and how the School is addressing North Dakota's healthcare workforce demands.

JOIN US FOR A SOCIAL

Thursday, October 15
5:30 – 7:30 pm

Join us for a social at the North Dakota Museum of Art.

The North Dakota Museum of Art, by legislative act, serves as the official art museum of North Dakota. The Museum's purpose is to foster and nurture the aesthetic life and artistic expression of the people living on the Northern Plains. The museum serves as an inspiration by featuring a collection of contemporary, international, and Native American art in all media from the early 1970s onwards.

This venue will not disappoint. Join us at the museum for fellowship and complimentary appetizers in an environment of culture that can't be beat. A cash bar will be available.

We can't wait to see you there!

NORTH DAKOTA MUSEUM OF ART

Located at: 216 Centennial Dr.
Grand Forks, ND

To learn more about the North Dakota Museum of Art, visit ndmoa.com

POLICY FORUM

Let Your Voice Be Heard!

The Policy Forum platform allows you, as a physician, to discuss and consider policy relevant to your practice and the care of patients.

NDMA leadership encourages all NDMA members to participate.

Submit your policy issues by September 21 by completing a policy issue form located online at: ndmed.org/advocacy/policy-forum

HOSTED BY:

NDMA
NORTH DAKOTA MEDICAL ASSOCIATION
Third District
Medical Society



FRIDAY, OCTOBER 16 | continued

8:45 – 10:30 am | Policy Forum

Ballroom 1

NDMA leadership encourages all NDMA members to participate in the Policy Forum. This is the precursor to the upcoming 2027 legislative session, so it's important to hear your voices. The open forum platform allows members to discuss and consider policies relevant to physician practices and patient care.



10:30 – 11:00 am | Break – Network with Vendors

Ballroom 2 & 3

Show your support! Take this opportunity to grab a refreshment and visit the booths.

Reasons to support your vendors:

- **Build relationships** – here is your chance to expand your network when it comes to business and professional services.
- **Learn what's new** – perhaps there is a service you are not aware of. Here is where you can learn more about a service that can have long-term benefits.
- **Swag** – many vendors are equipped with merchandise to make your time at the booth worthwhile, from pamphlets to useful items for your home or office.



11:00 – 12:00 pm | Intentional Growth at All Career Stages: Create a Fulfilling Legacy

Ballroom 1



Marion Mull McCrary, MD

Internal Medicine, Duke Health Durham, NC
Governor, American College of Physicians North Carolina Chapter; National Board-Certified Integrative Health and Wellness Coach

When embarking on a career in medicine, we often dream about what that career will look like at different stages.

We are excited and hopeful. However, if the path is not perfectly linear, we often feel as though we have failed. Other times, we are lost and misaligned with what initially led us to become physicians. Lastly, we can fail to attend to the journey and miss out on the joys of our daily lives. During this session, attendees will reflect, determine what is right for them, and implement balance and focus.



12:00 – 1:30 pm | Leadership Awards Ceremony & Luncheon

Ballroom 2 & 3

1:30 pm | Afternoon Session: Welcome



1:45 – 2:30 pm | The Future of Medicine: Precision Medicine, AI, and the Next Era of Healthcare

Ballroom 1



Ikram Khan, MBA, MPH

Board Advisor, Health AI Institute, Minneapolis, MN; co-founder, The Phaeton Institute

AI, precision medicine, and data-driven healthcare are rapidly transforming clinical practice, diagnostics, therapeutics, and care delivery. This session will help provide an understanding of how these technologies will

impact patient care, workforce models, clinical decision-making, and the future of personalized medicine.



2:30 – 3:30 pm | Food as Medicine - A Pillar of Lifestyle Medicine

Ballroom 1



Darin W. Lang, MD

Chair, Internal Medicine, Sanford Fargo; Ambulatory Medicine; Board certified in Internal Medicine and Geriatric and Lifestyle Medicine; Assistant Program Director, Geriatric Fellowship Program; Associate Clinical Professor, Internal and Family Medicine residents, UND School of Medicine & Health Sciences

Nutrition is one of the most powerful and underutilized tools for preventing, treating, and even reversing many chronic diseases that drive modern healthcare costs and patient morbidity and mortality, including obesity, metabolic dysfunction, inflammatory conditions, and cardiovascular diseases. As physicians, we have had limited exposure and training in this field. While the first treatment plan for most of these chronic conditions involves lifestyle changes, most physicians spend little time discussing this option, even though it is part of evidence-based guidelines as a primary or complementary treatment.



3:30 – 4:15 pm | Updates in Medicine

Ballroom 1



Christopher G. Pribula, MD

Hospitalist, Sanford Health Fargo
ND Chapter of the Society of Hospital Medicine President

This session summarizes updates from the national meetings of the American College of Physicians (ACP) and the Society of Hospital Medicine (SHM).

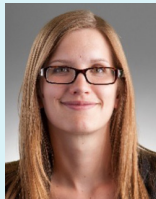
4:15 pm | Adjourn

NDMA SLATE OF OFFICERS

Each year, NDMA officer positions are chosen by a vote of the NDMA membership. Members vote through an online ballot. Links to the ballot are sent to each member's email and posted in the weekly e-Physician news. Members will be asked to choose from the following slate of officers:



President
Parag Kumar, MD
Bismarck, ND



Vice President
Erica C. Hofland, MD
Dickinson, ND



Policy Forum Chair
Joan M. Connell, MD
Bismarck, ND



Secretary-Treasurer
Erik C. Heitkamp, MD
Fargo, ND

LEADERSHIP AWARDS

Ceremony & Luncheon

Friday, October 16
12:00 – 1:30 pm

The historic Leadership Awards Ceremony and Luncheon will present awards for outstanding achievement.

Physician Community and Professional Services

This award is recognized as North Dakota's most prestigious physician award and since inception in 1977, has been awarded to fifty distinguished physicians across the state. The award honors an NDMA physician member recognized for outstanding leadership and service to the profession of medicine.

40 Year Medical School Graduates

We continue to honor our tradition of recognizing physicians who have achieved at least 40 years of service to the medical community upon graduation from medical school.

Friend of Medicine Award

This award is dedicated to a nonphysician individual dedicated to making a difference by serving as an effective advocate for health care, patient services, or the profession of medicine.

COPIC Humanitarian Award

For the eighth consecutive year, this award is presented to honor a North Dakota Medical Association physician for their volunteer medical services and contributions to the community beyond the scope of their day-to-day lives.

The award provides a \$10,000 grant from Copic to a North Dakota health-related nonprofit organization of the recipient's choosing.

To receive the award, the recipient must be an NDMA member.

LODGING

A block of rooms has been reserved at the Canad Inns Destination Centre in Grand Forks for Thursday, October 15 by calling Central Reservations at 1-888-33-CANAD or 1-701-772-8404 or by simply scanning the code.

Reservations must be booked by September 15. If the block fills up, no additional rooms can be added. Book early.



Room rates:
\$115, plus tax.
To reserve, call
701-223-6667
or scan the
code.



Your Destination Centres®

Canad Inns Destination Centre
1000 S 42nd St, Grand Forks, ND

CONTINUING MEDICAL EDUCATION

The American College of Physicians (ACP) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The ACP designates this live activity for a maximum 3.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 3.5 medical knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.



2026 ANNUAL MEETING AND LEADERSHIP AWARDS



OCTOBER 15-16 | Alerus Center
1000 S 42nd St, Grand Forks, ND



REGISTER TODAY!
Complete the form or register online at ndmed.org

First Name _____ MI _____ Last Name _____
Organization _____
Mailing Address _____
City _____ State _____ Zip _____
Telephone _____ E-mail _____
Guest(s) First/Last Name _____

Registration Fee: \$50—includes the Friday conference day breakfast, lunch and educational credit costs. Please indicate below which events you will be attending. ***If you choose to participate in only the Policy Forum session, there is no registration fee.***

_____ Number attending Thursday, October 15, evening NDMA social
_____ Number attending Friday, October 16, breakfast
_____ Number attending Friday, October 16, educational program
_____ Number attending Friday, October 16, awards ceremony luncheon
(contact NDMA for special dietary needs: 701-223-9475)
_____ I will ONLY attend the Policy Forum

I wish to contribute to the NDMA PAC (Suggested donation \$200) \$ _____
_____ Number attending annual meeting @ \$50 per person \$ _____
Total Amount Enclosed \$ _____

CONFERENCE CANCELLATION POLICY: No refunds after October 1, 2026.

Please mail this form along with payment no later than October 1, 2026 to
NDMA: 1622 E. Interstate Ave., Bismarck, ND 58503-0512

Name on credit card (please print) _____
Card Number _____
CSC _____ (3 digit code /Am. Express 4 digits on front of card)
Expiration Date ____ / ____ Telephone _____
Signature _____
Zip Code _____