



Functional and Integrative Pediatrics within Minnesota Conventional Healthcare Settings

Friday, November 14, 2025 | MacMillan Center | Minneapolis, MN

Allina Health
PENNY GEORGE
INSTITUTE FOR
HEALTH & HEALING

Functional and Integrative Pediatrics offers a groundbreaking approach to health care, particularly for children dealing with chronic conditions or complex health issues. Pediatric functional and integrative medicine acknowledges that multiple underlying factors contribute to individual health, such as environmental, cellular, nutrition and lifestyle factors. In this one-day conference you will be introduced to the Functional and Integrative Medicine framework, learn how to test for nutrients and cofactors that may affect pediatric symptoms, become familiar with the use of supplements that follow FDA-regulations to safely support pediatric conditions, and help your patients with whole foods nutrition for cellular health.

OBJECTIVES & AGENDA

- **FRAMEWORK:** Explain how a functional medicine framework considers complex underlying body processes in heterogeneous individuals contributing to medical symptoms.
- **NUTRITION:** Describe the effects of both whole foods and ultra-processed food components on cellular health.
- **SUPPLEMENTS:** Identify the therapeutic use and safety profile/contraindications of supplements for common pediatric symptoms.
- **LABORATORY:** Interpret laboratory tests used in pediatric functional and integrative approaches.
- **PATIENT EDUCATION:** Apply patient education to deliver functional and integrative approaches.

#	TIME	MIN	TITLE	SPEAKER
	7:15 AM		Registration – Coffee - Continental Breakfast	
	7:45 – 8:00		Welcome and Introductions	<i>Dr. Allison Golnik</i>
1	8:00 - 9:00	1.0	Building Pediatric Immune Resilience: An Integrative Pediatric Approach to Healthier, Happier Kids	<i>Dr. Elisa Song</i>
2	9:00 - 9:45	0.75	Autism A Cellular Approach from the Inside Out	<i>Dr. Allison Golnik</i>
	9:45 – 10:00		Break – 15 Min.	
3	10:00 – 11:00	1.0	The Gut-Brain ReSET for Kids: Microbiome Approaches for Pediatric Mental Health	<i>Dr. Elisa Song</i>
4	11:00 - 11:45	0.75	Feeding Kids Well: Optimizing Health Outcomes with Integrative and Functional Nutrition	<i>Janelle Fuchs, MS, RDN, LDN</i>
5	11:45– 12:00	.25	Morning Panel Q & A	<i>All AM Speakers</i>
	12:00 – 12:15		Box Lunch Pick Up in Sundet 1	
	12:15 - 1:00		Optional Non-CME Session with Dr. Elisa Song while you eat your lunch.	
			Lunch in Sundet 1 if you are not participating in Non-CME session.	
6	1:00 - 1:45	0.75	Nutrient Lab, A Functional and Integrative Perspective	<i>Dr. Allison Golnik</i>
7	1:45 - 2:30	0.75	Using Nutritional Supplements Within a Functional & Integrative Medicine Framework	<i>Dr. Jara Rice</i>
	2:30 - 2:45		Break – 15 Min.	
8	2:45-3:30	.75	Hands on Functional & Integrative Panel Discussion <i>Andy Barnes, MD / Kristine Hagedorn, DNP, APRN, FNP-C / Kristin Sanders-Gendreau, MD / Abigail Thomas, DO + All Speakers (Janelle, Jara, Allison, Elisa)</i>	
	3:30 PM		Closing, Complete Survey & Adjourn	

HANDOUT/PRESENTATION LINK



Link to download and/or save speaker presentations will remain open until Friday, November 21.

<https://account.allinahealth.org/Events/60435>

Use the QR Code to follow along on your phone.

Go to LEARN MORE tab>scroll to bottom for PDFs.

TO SUCCESSFULLY COMPLETE THE ACTIVITY AND RECEIVE YOUR CERTIFICATE!

Learners must complete the check-in process, actively engage in activity content, attend full sessions, and must complete the activity evaluation (online) to receive CME/ANCC credits.



← Evaluation

Opens Friday, November 14/2:30 pm and closes Friday, November 21/12:00 pm (1-week)

We encourage you to use the QR code to complete your survey at the end of the conference. All attendees will also receive an evaluation reminder to your email, and you may complete that way. It is important that you take the time to complete this survey during the one-week period to **successfully complete and meet the requirements** of the course and your feedback is valuable to the planning committee.

Certificate of Completion/Evidence of Attendance

Will be emailed by 3 pm on Fri, November 21, to the email that was provided in the evaluation.

DISCLOSURE POLICY

Allina Health, Office of Accreditation intends to provide balance, independence, objectivity, and scientific rigor in all of its educational activities. The **ACCME defines an ineligible company** as "any entity" whose primary business is producing, marketing, re-selling, or distributing health care products/services used by or on patients. ACCME does not consider providers of clinical service directly to patients to be commercial interests - unless the provider of clinical service is owned, or controlled by, an ACCME-defined ineligible company. All faculty and planners participating in the CME activity are required to disclose to the audience any relevant financial relationships with ineligible companies that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended and all relevant financial relationships will go through a mitigation process.

DISCLOSURE STATEMENTS

Faculty

Allison Golnik, MD / Janelle Fuchs / Jara Rice, MD / Panelists: *Andy Barnes, MD / Kristine Hagedorn, DNP, APRN, FNP-C / Kristin Sanders-Gendreau, MD / Abigail Thomas, DO* DO NOT have any relevant financial relationships to disclose with ineligible companies that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended, as it relates to presenting the content of this activity.

Lisa Song, MD DOES have *relevant* financial relationships to *disclose* with ineligible companies that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended, as it relates to presenting the content of this activity.

Existing: Healthy Happy Kids, Founder/Owner; Tiny Health, Employee/Chief Medical Officer Prior: N/A

All relevant financial relationships have been mitigated.

Planner(s)

Anne Murray & Allison Golnik, MD DO NOT have any relevant financial relationships to disclose with ineligible companies that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended, as it relates to planning the content of this activity.

ACCREDITATION

ACCME (Physician) - Allina Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Allina Health designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MNBN (Nursing) - This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements for 6.0 hours of CEU. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Non-Physicians - Allina Health designates this Live Activity for 6.00 Non-Physician contact hour(s).

Individuals representing other professional disciplines may submit course materials to their respective professional associations if the content is applicable to the area of license renewal.

FACULTY

Janelle Fuchs, MS, RDN, LDN Integrative and Functional Nutrition Certified Practitioner Penny George Institute for Health & Healing Allina Health Abbott Northwestern Hospital	Jara Rice DNP, MSN, APRN, CNP, IFMCP Integrative & Functional Medicine Nurse Practitioner Penny George Institute for Health and Healing Allina Health Bandana Square Clinic
Allison Golnik, MD Integrative Medicine Physician Penny George Institute for Health & Healing Allina Health Bandana Square Clinic	Elisa Song, MD Holistic Pediatrician Chief Medical Officer of Tiny Health; Healthy Happy Kids, Founder/Owner
Panelists: <i>Andy Barnes, MD / Kristine Hagedorn, DNP, APRN, FNP-C / Kristin Sanders-Gendreau, MD / Abigail Thomas, DO</i>	