



**Women Aesthetic Surgeons Symposium**  
**Thursday, May 14, 2026**  
**8:00 AM – 12:00 PM**  
**Self-Care "Body, Mind, Spirit"**

**Continental Breakfast (8:00 – 8:30 AM)**

**Welcome (8:30 – 8:35 AM)**

- Renee Burke, MD

**Spirit: Makeup & Skincare (8:35 – 9:55 AM)**

- Make-up Tutorial Presentation – Hugo Sanchez, Make-Up Artist  
*Following the presentation, Hugo will perform 15-minute tutorials, by appointment, during the Symposium. Tutorials end at 1:00 PM but will continue Friday and Saturday in the WAS Lounge.*
- Skincare 101 – Kelly Killeen, MD and Maryam Zamani, MD  
A brand agnostic talk on skincare science.
- Industry Spotlight Presentations  
Allergan Aesthetics and Galderma
- NewBeauty Panel: Self-Care Habits for the Modern Plastic Surgeon  
How surgeons prioritize self-care. Including: Skin care habits and sleep routines. How self-care impacts confidence and mental health.
  - Moderated by Liz Ritter, Executive Editor NewBeauty
  - Panelists: Renee Burke, MD, Tracy Pfeifer, MD MS, Ellen Via, MD, and Umbar Mahmood, MD

**Networking Break with Mimosas (9:55 -10:10 AM)**

**Body: Occupational Injury & Ergonomics (10:10 – 10:40 AM)**

- Nicole Sommer, MD  
Prevention, management, and resources for common surgeon injuries.

**Mind: Mental Health & Meditation (10:40 – 11:10 AM)**

- Lisa Hunsicker, MD  
Mental health challenges unique to female surgeons, including a guided meditation.

**Closing Session/Q&A (11:10 – 11:15 AM)**

**Networking (11:15 – 12:00 PM)**

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