

Family Program Schedule

Houston, Texas • November 13–15, 2026 • TMC Innovation Factory

Friday, November 13 Family Program — 1:00–5:20 PM		
12:00 PM	Registration Opens	
1:00 PM	Welcome & Foundation Updates	Walker Frahm, CEO
1:15 PM	Icebreakers	
1:30 PM	How Your Heart Works	
1:50 PM	Exercise & Sports Participation	Rachel Lampert, MD
2:10 PM	What Should I Know About Participating in Research?	Andrew Landstrom, MD
2:30 PM	Finding Meaning, Purpose & Direction Through Creativity	Katherine Standefer
3:00 PM	Break	
3:15 PM	Genetics: Ask a GC	Heather MacLeod, MS, CGC
3:45 PM	CPR & Caring for Your AED	
4:20 PM	iHope Kids	Christina Miyake, MD
4:50 PM	Community Bonding Ceremony	
5:20 PM	End of Friday Family Program	
5:30 PM	Reception	
Saturday, November 14 Family Program — 8:00 AM–4:50 PM		
8:00 AM	Light Breakfast	
8:30 AM	Welcome to Day 2	Walker Frahm & Michael Ackerman, MD, PhD
8:40 AM	Living Life with an Inherited Arrhythmia	Susan Etheridge, MD
9:00 AM	Mental Health & Mindfulness	
9:25 AM	Devices: ICDs & Pacemakers	Charles Berul, MD
10:00 AM	Condition-Specific Breakouts: Expert Presentations	
	Long QT Syndrome	Michael Ackerman, MD, PhD
	CPVT	Shubhayan Sanatani, MD
	ARVC / ACM	Hari Tandri, MD
	Brugada	Susan Etheridge, MD & Greg Webster, MD
	Timothy Syndrome	Geoffrey Pitt, MD & Dominic Abrams, MD
10:50 AM	Condition-Specific Breakouts: Community Discussion	
11:45 AM	Lunch + Sponsor Research Breakout Rooms	
12:55 PM	Fireside Chat	Michael Ackerman, MD, PhD & Hari Tandri, MD
2:25 PM	Topic Breakouts — Choose Your Session	
	The Early Years of Your Medical Journey	Christina Miyake, MD
	Parenting + Transition of Care	Brynn Dechert, CPNP
	Emerging Tech, Wearables & Monitors	Pete Aziz, MD
	Living with an ICD: Q&A	
3:35 PM	Clinical Trials + Gene Therapy	Dominic Abrams, MD
3:55 PM	Industry Spotlight	

4:15 PM	Finding Meaning & Raising Awareness	
4:40 PM	Kids/Teens Elevator Speech Video + Closing	
4:50 PM	End of Family Program	

Friday, November 13 Kids & Teens Program — 1:00–5:30 PM		
12:00 PM	Registration	
1:00 PM	Welcome & Icebreakers	
1:25 PM	Activity — DNA Science	
1:55 PM	How Your Heart Works	
2:15 PM	Break	
2:30 PM	CPR & AED Practice	
3:10 PM	How to Tell Your Friends About Your Heart Condition	
3:30 PM	Elevator Speech Prep & Games	
4:00 PM	Creative Activity	Katherine Standefer
4:30 PM	Wrap-Up Day 1	
5:30 PM	Reception	

Saturday, November 14 Kids & Teens Program — 8:00 AM–4:40 PM		
8:00 AM	Welcome & Breakfast	
8:20 AM	Exercise & Sports: What Can I Do?	Peter Aziz, MD
8:40 AM	My Heart Journey	
9:10 AM	Let's Talk About ICDs	Brynn Dechert, CPNP
9:35 AM	Activity	
10:15 AM	Living with a SADS Condition	Susan Etheridge, MD
10:35 AM	Teens (14+): No Parents Allowed	Michael Ackerman, MD, PhD
11:05 AM	Mindfulness & Relaxation Exercise	
11:20 AM	Music Therapy	
12:30 PM	Young Adults Panel Q&A	
1:00 PM	Your Family Tree & Genetics	
2:10 PM	Creative Workshop	
3:10 PM	Perfect Your Elevator Speech	
3:40 PM	SADS Kids Take a Bow — Video Recording	
4:40 PM	Closing with Families	

Sunday, November 15 Community Day		
Morning	Breakfast on Your Own	
~10:00 AM	Houston Zoo Group Outing	
~1:00 PM	Lunch at the Zoo	

Schedule is a general reference and subject to change. Additional speakers will be announced as they are confirmed.