

SATURDAY		UPDATED 6/20/2022		breaks		Please get up and stretch during breaks!	
12:20-1:15 pm ET	Amber Orman, MD DipABLM	55	=45+Q&A10	Breast Cancer and the 6 Pillars of Lifestyle Medicine			
1:20-2:15 pm ET	Andrew Freeman, MD FACC FACP	55	=45+Q&A10	The Year in Plants 2022: How the Latest Science Makes Plant-based Diets the Key to Success in Human Health			
2:20-3:00 pm + 3:05-3:45 pm ET	Sharon Palmer, MSFS RDN-** Brian Asbill, MD FACC DipABLM Chef Nina Curtis, MBA Andrew Freeman, MD FACC FACP	80	with Q&A	Heart Health Round Table: Culinary Events vs. Coronary Events			
3:50-4:40 pm ET	Gia Merlo, MD MBA FACLM DipABLM James Loomis, MD MBA FACLM DipABLM	50	with Q&A	Integrating Physical and Mental Health via Lifestyle Medicine's 6 Pillars			
4:45-5:40 pm ET	Michelle Dalal, MD FAAP DipABLM	55	=45+Q&A10	Bolstering Teen Mood: A Nutrition and Lifestyle Based Approach to Manage Depression			
6:20-7:15 pm ET	Sharan Abdul-Rahman, MD MBA NCMP	55	=45+Q&A10	Is the U.S. Failing Women?			
7:20-8:00 pm ET	Gia Merlo, MD MBA FACLM DipABLM	40	=30+Q&A10	Part 1: Nutrition and Gut Microbiota in Mental Health			
8:05-8:55 pm ET	James Loomis, MD MBA FACLM DipABLM	50	=40+Q&A10	Get Your Move On: The New Science of Exercise			
TOTAL SATURDAY EDUCATIONAL HOURS		440	= 7 HOURS, 20 MINUTES				
SAT. evening ends: 8:55 to 10:00 pm with dancing to a variety of music		(optional). Music courtesy of officers of Asheville Movement Community (ASCAP#500803753).					
SUNDAY		SUN. morning opens: 7:25-8:10 am fitness class with Patrick Service, MS ACSM-EP CPT CET CES PES of Durham: "Mini Band, Bodyweight and Cardio Fusion".					
9:00-9:30 am ET	Brian Asbill, MD FACC DipABLM	30	=25+Q&A5	Lifestyle Medicine: Longevity, Healthspan and Ikigai			
9:35-10:25 am ET	Mahima Gulati, MD FACE MSc FACLM DipABLM ECNU	50	=40+Q&A10	Type 2 Diabetes Reversal with Whole Food Plant-based Diets: Practical Implementation in a Real-world Scenario			
10:30-10:55 am ET	Sharon Palmer, MSFS RDN-**	25	=20+Q&A5	Putting Sustainability into Professional Practice			
11:00-11:45 am ET	Mahima Gulati, MD FACE MSc FACLM DipABLM ECNU Sharan Abdul-Rahman, MD MBA NCMP Michelle Dalal, MD FAAP DipABLM	45	with Q&A	Women's Health Empowerment through the Lifespan			
11:50 am - 12:20 pm ET	Gia Merlo, MD MBA FACLM DipABLM	30	=20+Q&A10	Part 2: Nutrition and Gut Microbiota in Mental Health			
1:00-1:45 pm ET	Lily Correa, MPH RDN DipACLM	45	=35+Q&A10	Bellevue Plant-based Lifestyle Medicine Program: A Plantastic Approach			
1:50-2:35 pm ET	Tinka Barnes, MD	45	=35+Q&A10	Identifying and Overcoming Barriers to Accessing Adequate Care and Nutritious Foods in Vulnerable Communities			
2:35-2:55 pm ET	Tinka Barnes, MD Lily Correa, MPH RDN DipACLM	20	with Q&A	Followup Conversation: Lifestyle and Community Resources vs. Chronic Disease			
3:00-3:45 pm ET	Sharon Palmer, MSFS RDN-**	45	=35+Q&A10	Whole Grain and Whole Legume Cuisines vs. Chronic Disease			
TOTAL SUNDAY EDUCATIONAL HOURS SO FAR		335	= 5 HOURS, 35 MINUTES				
TOTAL EDUCATIONAL HOURS SO FAR		775	= 12 HOURS, 55 MINUTES (ROUNDED TO 13 HOURS)				
THE CONFERENCE AWARDS A MAXIMUM OF 13 HOURS CONTINUING EDUCATION CREDITS, AS PROVIDED ABOVE, AND THE FINAL PRESENTATIONS BELOW AWARD NO CREDITS.							
[3:45-4:15 pm: Final conference break (for group photo, t-shirts, books, networking). Transition to virtual presentations below by speakers now unable to appear in person.]							
4:15-5:05 pm ET	Annamarie Rodriguez, RDN LD FAND-**	50	=40+Q&A10	Alleviating the Progression of Chronic Kidney Disease: Proactive Nutrition Strategies			
5:10-5:55 pm ET	Annamarie Rodriguez, RDN LD FAND-** Chef Nina Curtis, MBA	45	with Q&A	The Cuisine of Eating Plants to Alleviate Taste Fatigue in Chronic Kidney Disease			

** Annamarie Rodriguez, RDN LD FAND & Sharon Palmer, MSFS RDN present as **Speakers Bureau** members, **Vegetarian Nutrition Dietetic Practice Group**, Academy of Nutrition and Dietetics.

NOTES about **FOOD** etc.: (1) SAT. in-person lunch food available 11:30 am, 50 minutes before P-POD opens (to 1:30). SUN. optional closing dinner begins after 5:55 conference end. (2) "GetYourFood" breaks SAT. 5:40-6:20 pm & SUN. 12:20-1:00 pm but food available 1.5-2 hrs. (3) SUN. breakfast food available approx. 8:20-10:20 am. 1st presentation 9:00 am.