

P-POD CONFERENCE 2025 SERIES ATTENDEE VIEWING AGENDA -- SUNDAY, SEPT. 14, 2025 (virtual) -- p-pod.org		
TIME	TOPIC	SPEAKER
9:15am ET (6:15 PT)	REGISTRATION CHECK-IN STARTS	
9:55am ET (6:55 PT)	OPENER	P-POD President / Board Member / Staff
10:00-11:00am ET (7:00-8:00 PT)	Lifestyle Medicine's Role in Cancer Survivorship, From Diagnosis Onward	Amber Orman, MD DipABLM
11:00-11:05am ET (8:00-8:05 PT)	5-MIN BREAK	Please stretch / move
11:05am-12:00pm ET (8:05-9:00 PT)	Improving Overall Fitness with Plant-based Nutrition & Practical Training Strategies	Anabelle Broadbent, PhD MS
12:00-12:40pm ET (9:00-9:40 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	40 minutes long break
12:40-1:40pm ET (9:40-10:40 PT)	Plant-based Nutrition for Coping with Diabetes & Chronic Kidney Disease	Michele Crosmer, RDN CSR
1:40-1:45pm ET (10:40-10:45 PT)	5-MIN BREAK	Please stretch / move
1:45-2:45pm ET (10:45-11 :45 PT)	From Tired to Thriving: Practical Sleep Tips for Lifestyle Medicine Practitioners	Michelle Jonelis, MD DipABLM
2:45-2:50pm ET (11:45-11:50 PT)	5-MIN BREAK	Please stretch / move
2:50-4:00pm ET (11:50-1:00 PT)	[Round Table] -- Plant-based Nutrition Guidance through the Lifetime for Reducing Risk of a Wide Range of Chronic Disease	Pamela Fergusson, PhD RD (Canada) (Chair) Meryl Fury, MS RN Amber Orman, MD DipABLM Laura Pridemore, MD JD FAAP DipABLM
4:00-4:05pm ET (1:00-1:05 PT)	5-MIN BREAK	Please stretch / move
4:05-5:05pm ET (1:05-2:05 PT)	Fueling Resilience: Nutritional Foundations for Heart Health	Columbus Batiste, MD FACC FSCAI
5:05-5:45pm ET (2:05-2:45 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	40 minutes long break
5:45-6:45pm ET (2:45-3:45 PT)	The State of Women's Health 2025: Power, Equity, Choices	Sharan Abdul-Rahman, MD MBA NCMP
6:45-6:50pm ET (3:45-3:50 PT)	5-MIN BREAK	Please stretch / move
6:50-7:45pm ET (3:50-4:45 PT)	[Duet Discussion] -- The Heart-Mind Connection: Metabolic Health for Whole Person Well-Being	Columbus Batiste, MD FACC FSCAI Yami Cazorla-Lancaster, DO MPH MS FAAP DipABLM NBC-HWC
7:45pm ET (4:45 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff