

P-POD CONFERENCE 2026 SERIES ATTENDEE VIEWING AGENDA -- SUNDAY, OCT. 18, 2026 (virtual) -- p-pod.org		
TIME	TOPIC	SPEAKER
9:20am ET (6:20 PT)	REGISTRATION LOG-IN STARTS	
9:55am ET (6:55 PT)	OPENER	P-POD President / Board Member / Staff
10:00-10:50am ET (7:00-7:50 PT)	From Access to Agency: Rethinking Food as Medicine-- Health Equity, Community Engagement and Behavior Change	Jasmol Sardana, DO FACLM DipABLM CHWC
10:50-11:05am ET (7:50-8:05 PT)	15 minute LONGER BREAK	Please stretch / move
11:05am-12:00noon ET (8:05-9:00 PT)	[Round Table] -- Women's Physical Activity Empowerment-at-Any-Age and Plant-based Support for It	Lauren Plunkett, RDN LD CDCES (Chair) Daphne Bascom, MD PhD Anabelle Broadbent, PhD MS
12:00 noon-12:25pm ET (9:00 -9:25 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	25 minutes long break
12:25-1:15pm ET (9:25-10:15 PT)	Not Hot, Not Dry, Not Moody	Sharan Abdul-Rahman, MD MBA NCMP
1:15-1:20pm ET (10:15-10:20 PT)	5-MIN BREAK	Please stretch / move
1:20-2:15pm ET (10:20-11:15 PT)	[Round Table] -- The Evidence from the Scientific Literature That Should Be Guiding the Dietary Guidelines	Jasmol Sardana, DO FACLM DipABLM CHWC (Chair) Brenda Davis, RD (Canada) Kim A.Williams, Sr., MD MACC MASNC FAHA FESC
2:15-2:20pm ET (11:15-11:20 PT)	5-MIN BREAK	Please stretch / move
2:20-3:10pm ET (11:20-12:10 PT)	Sleep Architecture and the Midlife Transition	Daphne Bascom, MD PhD
3:10-3:15pm ET (12:10-12:15 PT)	5-MIN BREAK	Please stretch / move
3:15-4:05pm ET (12:15-1:05 PT)	Healing Through Habits: Building Self-Management Skills with Lifestyle Therapy	Lauren Plunkett, RDN LD CDCES
4:05-4:10pm ET (1:05-1:10 PT)	5-MIN BREAK	Please stretch / move
4:10-5:00pm ET (1:10-2:00 PT)	Nutrition Prevention for Cardiovascular Disease	Kim A.Williams, Sr., MD MACC MASNC FAHA FESC
5:00 -5:35pm ET (2:00 -2:35 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	35 minutes long break
5:35-6:40pm ET (2:35-3:40 PT)	[World Menopause Day Superpanel] -- 2026 Women's Health Advocacy across the Lifespan: Redefining and Re-imagining	Sharan Abdul-Rahman, MD MBA NCMP (Chair) Daphne Bascom, MD PhD Anabelle Broadbent, PhD MS Vesanto Melina, MS RD (Canada)
6:40-6:45pm ET (3:40-3:45 PT)	5-MIN BREAK	Please stretch / move
6:45-7:35pm ET (3:45-4:35 PT)	Gut Health Is Not a Solo Sport: How Diet, Lifestyle and Connection Shape the Brain–Gut Axis	Sarina Pasricha, MD MSCR
7:35pm ET (4:35 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff