

SATURDAY	UPDATED 9/22/2022		Please get up and stretch during breaks!
10:15-11:10 am ET	Krystyna "Tina" Rastorgueva, MPH Neha Pathak, MD FACP DipABLM Koushik Reddy, MD FACC FACLM DipABLM	55 with Q&A	Bringing the Six Pillars of Lifestyle Medicine into Institutions and Community
11:15 am to 12:05 pm ET	Tim Radak, DrPH MPH RDN	50 =40+Q&A10	Nutrition and Nutrient Review, and Planning Guide: Plant-based or Vegan Diets – A Primer
12:45-1:35 pm ET	Kayli Anderson, MS RDN ACSM-EP DipACLM	50 =40+Q&A10	Plant-based Mavens, Part 1: Lifestyle Medicine Strategies for Optimizing Fertility
1:40-2:25 pm ET	Janese Laster, MD	45 =35+Q&A10	The Skinny on Gut Health and Weight Maintenance
2:30-3:15 pm ET	Vanessa Méndez MD DipABLM	45 =35+Q&A10	The Role of Our Microbiome in Human Health, and What Nutrition and Lifestyle Can Teach Us
3:15-3:30 pm ET	Janese Laster, MD Vanessa Mendez MD DipABLM	15 with Q&A	Followup Questions/Conversation: The Microbiome and Gut Health
3:35-4:25 pm ET	Milton Mills, MD	50 =40+Q&A10	Diet and Cancer: Causation, Prevention, Possible Reversal (Part 1)
4:30-5:20 pm ET	Neha Pathak, MD FACP DipABLM	50 =40+Q&A10	Lifestyle Medicine for Personal and Planetary Health
6:05-7:00 pm ET	Kim A. Williams, Sr., MD MACC FAHA MASNC FESC	55 =45+Q&A10	Dueling the Dual Pandemic: Nutrition, the Microbiome, COVID-19 and Cardiovascular Mortality
7:05-7:55 pm ET	Kayli Anderson, MS RDN ACSM-EP DipACLM Jennifer Trilk, PhD FACSM DipACLM	50 with Q&A	Movement and Physical Activity: Their Role in the Lifestyle-based Efforts against Chronic Disease [This will be followed by the evening dance (movement!) and social.]
	TOTAL SATURDAY EDUCATIONAL HOURS	465	= 7 HOURS, 45 MINUTES
	SAT. in-person evening ends: 7:55 to 9:00 pm with dancing to a variety of music, and social time (optional).		
SUNDAY	SUN. in-person morning opens: about 7:25-8:10 am pre-breakfast Power Pilates class (strength/flexibility +), Jill Edwards, MS CEP (optional).		
9:00-9:50 am ET	Koushik Reddy, MD FACC FACLM DipABLM	50 =40+Q&A10	A Cardiologist's Heart to Heart Talk about Diabetes
9:55-10:45 am ET	Kelly Freeman, MSN AGPCNP-BC DipACLM	50 =40+Q&A10	The Happy Healthy Aging Brain: Key Lifestyle Factors to Reduce Dementia Risk
10:50-11:35 am ET	Jennifer Trilk, PhD FACSM DipACLM	45 =35+Q&A10	The Importance of Nutrition and Lifestyle Medicine in Medical School Curriculum
11:40 am to 12:30 pm ET	Kamyar Kalantar-Zadeh, MD PhD MPH FACP FAAP FASN FAHA FNKF	50 =40+Q&A10	"PLADO": Plant-dominant Diet for Kidney Health
1:10-1:40 pm ET	Marsha-Gail Davis, MD MPH DipABLM	30 =25+Q&A5	Advancing Health Equity through School Environments
1:40-2:15 pm ET	Marsha-Gail Davis, MD MPH DipABLM Kim A. Williams, Sr., MD MACC FASNC FAHA	35 =25+Q&A10	Response Dialogue: The Need for Healthcare Practitioners to Pursue Health Equity in Communities
2:20-3:05 pm ET	Milton Mills, MD	45 =35+Q&A10	Diet and Cancer: Causation, Prevention, Possible Reversal (Part 2)
3:10-3:55 pm ET	Timaree Hagenburger, MPH RDN EP-c	45 =35+Q&A10	Tapping Into the Power of Cultural Food and Simplicity for Sustainable Plant-based Eating
4:00-4:40 pm ET	Kayli Anderson, MS RDN ACSM-EP DipACLM	40 =30+Q&A10	Plant-based Mavens, Part 2: Lifestyle Medicine Strategies For Healthy Pregnancy and Beyond
4:45-5:35 pm ET	Shayna Smith, MD DipABLM	50 =40+Q&A10	Implementing Lifestyle Medicine and Plant-based Principles in a General Pediatric Practice
	TOTAL SUNDAY EDUCATIONAL HOURS	440	= 7 HOURS, 20 MINUTES
	TOTAL EDUCATIONAL HOURS	905	= 15 HOURS, 5 MINUTES
FOOD NOTES:	(1) "GetYourFood" breaks: SAT. 12:05-12:45 pm & 5:20-6:05 pm ET, SUN. 12:30-1:10 pm ET but in-person food is available 1.5-2 hrs. each time. (2) SUN. optional in-person closing dinner begins after 5:35 pm conference end. (3) SUN. in-person breakfast food available about 8:20-10:20 am ET.		