

<b>P-POD CONFERENCE 2025 SERIES ATTENDEE VIEWING AGENDA -- SATURDAY, SEPT. 27, 2025 (virtual) -- p-pod.org</b>		
<b>TIME</b>	<b>TOPIC</b>	<b>SPEAKER</b>
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)	Nutrition Essentials to Support Older Adults' Physical & Mental Health	Brenda Davis, RD (Canada)
11:00-11:05am ET (8:00-8:05 PT)	5-MIN BREAK	Please stretch / move
11:05am-12:15pm ET (8:05-9:15 PT)	Annual Women's Health Empowerment Round Table	Neha Pathak, MD FACP DipABLM (Chair) Daphne Bascom, MD PhD Debra Shapiro, MD FACOG DipABLM Elizabeth Winings, DNP APRN PMHNP DipACLM
<b>12:15-12:50pm ET (9:15-9:50 PT)</b>	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	35 minutes long break
12:50-1:40pm ET (9:50-10:40 PT)	Eat to See: Nutrition for Ocular Health	Lakshman Mulpuri, MD
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)	Delivering Produce to the People in 2025: A Family-Centered Model vs. Food Insecurity	Qadira M. Ali, MD MPH FAAP DipABLM
2:45-2:50pm ET (11:45-11:50 PT)	5-MIN BREAK	Please stretch / move
2:50-3:50pm ET (11:50-12:50 PT)	Insights from Current Cancer Research: Lifestyle Interventions for Reducing Cancer Risk and Improving Outcomes	Neil Iyengar, MD
3:50-3:55pm ET (12:50-12:55 PT)	5-MIN BREAK	Please stretch / move
3:55-4:50pm ET (12:55-1:50 PT)	Plant-based Diets in Preventing or Managing Chronic Kidney Disease	Holly Kramer, MD MPH
<b>4:50-5:30pm ET (1:50-2:30 PT)</b>	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	40 minutes long break
5:30-6:30pm ET (2:30-3:30 PT)	The Year in Plants 2025: All the Data You Might Have Missed	Andrew Freeman, MD FACC FACP
6:30-6:35pm ET (3:30-3:35 PT)	5-MIN BREAK	Please stretch / move
6:35-7:45pm ET (3:35-4:45 PT)	[Round Table] -- Plant-based Nutrition Guidance through the Lifetime for Reducing Risk of a Wide Range of Chronic Disease	Alison Tierney, MS RDN CD CSO (Chair) Andrew Freeman, MD FACC FACP Holly Kramer, MD MPH Jennifer Rooke, MD MPH FACOEM FACPM DipABLM
7:45pm ET (4:45 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff