



Plant-based Prevention Of Disease (P-POD) Continuing Education Conference

Lifestyle Med. 10+, October 23-24, 2021, IN-PERSON, Orlando FL

The Rosen Centre, 9840 International Drive, Orlando FL 32819

The FUTURE of Healthcare Begins with NUTRITION -- www.p-pod.org

12 hours of educational sessions (Sat. 2:30 pm – Sun. 5:25 pm Eastern, all together, no breakouts)

COMPLETE SCHEDULE (update 7/8/21, all in EASTERN time)

SATURDAY: Approximately 1:30 pm, doors open for in-person attendee check-in, etc.

SATURDAY AFTERNOON CONFERENCE-OPENING SESSION, 2:30-5:05 pm

Educational program time excluding breaks: 2:20 (2.25 hours + 5 minutes)

SATURDAY 2:30-3:05 pm

[Amber Orman, MD DipABLM:](#)

"Breast Cancer: An Innovative Integrative Approach"

---3:05-3:15 pm: Audience questions for Amber Orman

(3:15-3:20 pm: Break, stretch, move)

SATURDAY 3:20-4:00 pm

P-POD DISTINGUISHED CHEFS SERIES

[Chef Cynthia Chea Péan, MA:](#)

"Connecting the Dots - Traditional Foods and Their Ability to Heal"

---4:00-4:10 pm: Audience questions for Chef Cynthia Chea Péan

(4:10-4:20 pm: Break, stretch, move)

SATURDAY 4:20-4:55 pm

[Saray Stancic, MD FACLM DipABLM:](#)

"'But Doctor, It's All Natural.' Do Supplement Claims Deter People from Multi-faceted Healthful Lifestyles?"

---4:55-5:05 pm: Audience questions for Saray Stancic

SATURDAY 5:05-6:25 pm: Stretch and break for dinner in conference hall

SATURDAY EVENING SESSION, 6:25-8:50 pm

Educational program time excluding breaks: 2:15 (2.25 hours)

SATURDAY 6:25-7:00 pm

[Baxter Montgomery, MD FACC:](#)

"Nutrition-based Chronic Disease Interventions, Beyond the Script"

---7:00-7:10 pm: Audience questions for Baxter Montgomery

(7:10-7:20 pm: Break, stretch, move)

SATURDAY 7:20-7:55 pm

[Beth Frates, MD FACLM DipABLM:](#)

"The Power of Social Connection"

---7:55-8:05 pm: Audience questions for Beth Frates

SATURDAY 8:05-8:50 pm

A Conversation (with audience questions): "Physical Activity and Body-nurturing Behaviors: Making Them a Joy, Not a Chore"

Chair: [Kayli Anderson, MS RDN ACSM-EP DipACLM](#)

[Beth Frates, MD FACLM DipABLM](#)

SATURDAY 8:50-10:00 pm: Unstructured/networking time in conference hall.

SATURDAY 8:50-10:00 pm or slightly beyond: Masked socially-distanced opportunity to dance and unwind with music, at a separate location at the conference building.

SUNDAY: Morning time to be announced, fitness-related activity

SUNDAY: Most likely 7:30-9:30 am, breakfast foods availability for at least 2 hours in the conference hall

SUNDAY MORNING SESSION, 8:50 am - 12:05 pm

Educational program time excluding breaks: 2:55 (3 hours minus 5 minutes)

SUNDAY 8:50-9:25 am

Leigh Frame, PhD MHS:

“Caring for the Other Half of Humans: The Microbiome and Its Relationship with Nutrition”

---9:25-9:35 am: Audience questions for Leigh Frame

(9:35-9:40 am: Break, stretch, move)

SUNDAY 9:40-10:15 am

Dexter Shurney, MD MBA MPH FACLM DipABLM:

“Lifestyle Medicine Payment/Reimbursement Models That Would Be Attractive to Large Employers”

---10:15-10:25 am: Audience questions for Dexter Shurney

(10:25-10:35 am: Break, stretch, move)

SUNDAY 10:35-11:10 am

Kayli Anderson, MS RDN ACSM-EP DipACLM:

“Plant-based Nutrition and Lifestyle Medicine: Special Considerations For Women”

---11:10-11:20 am: Audience questions for Kayli Anderson

(11:20-11:25 am: Break, stretch, move)

SUNDAY 11:25 am - 12:05 pm

Lightning Round Table (with audience questions): “The Future of Healthcare Begins with Nutrition, but Tell Us More about That Future”

Chair: Saray Stancic, MD FACLM DipABLM

Leigh Frame, PhD MHS

Dexter Shurney, MD MBA MPH FACLM DipABLM

SUNDAY 12:05-12:25 pm (time to stretch briefly, gather food and get seated for 12:40 pm luncheon lectures)

SUNDAY 12:05 pm (luncheon food service begins, for availability ending around 2:00 pm)

SUNDAY “WORKING LUNCHEON” SESSION, 12:25-1:55 pm

Educational program time excluding breaks: 1:30 (1.5 hours)

SUNDAY 12:25-1:00 pm

Ted Barnett, MD FACLM DipABLM:

“The 15-Day Whole Food Plant-based Jumpstart: 2021 Insights Applicable to Your Patients and Practice”

---1:00-1:10 pm: Audience questions for Ted Barnett

SUNDAY 1:10-1:45 pm

Loureen Downes, PhD APRN FNP-BC DipACLM FAANP:

“A-SMART’: Lifestyle Behaviors' Relationship to Wellbeing and Immunity”

---1:45-1:55 pm: Audience questions for Loureen Downes

(1:55-2:05 pm: Break, stretch, move)

SUNDAY AFTERNOON CLOSING SESSION, 2:05-5:25 pm

Educational program time excluding breaks: 3:00 (3 hours)

SUNDAY 2:05-2:40 pm

Mladen Golubic, MD PhD DipABLM:

“Shared Medical Appointments: an Optimal Way to Deliver Comprehensive Lifestyle Interventions”

---2:40-2:50 pm: Audience questions for Mladen Golubic

(2:50-2:55 pm: Break, stretch, move)

SUNDAY 2:55-3:40 pm

A Conversation (with audience questions): “Race-based and Socio-economic-based Disparities in Health Care and Nutritious-food Access”

Loureen Downes, PhD APRN FNP-BC DipACLM FAANP

Koushik Reddy, MD FACC FACLM DipABLM

(3:40-3:50 pm: Break, stretch, move)

SUNDAY 3:50-4:25 pm

Meghan Jardine, MS MBA RDN LD CDCES:

“A Plant-Based Eating Pattern for the Prevention and Treatment of Type 2 Diabetes”

---4:25-4:35 pm: Audience questions for Meghan Jardine

(4:35-4:40 pm: Break, stretch, move)

SUNDAY 4:40-5:15 pm

Koushik Reddy, MD FACC FACLM DipABLM:

“Cardiovascular Prevention: I Have a Carrot and a Stent, You Pick”

---5:15-5:25 pm: Audience questions for Koushik Reddy

5:30-7:30 pm or slightly beyond: OPTIONAL FAREWELL DINNER in conference hall building.

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