



**Plant-based Prevention Of Disease (P-POD) Continuing Education Conference
Lifestyle Med. 10+, October 23-24, 2021**

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

13 hours of educational sessions (Sat. 12:45 pm – Sun. 6:30 pm Eastern, all together, no breakouts)

COMPLETE SCHEDULE (updated 10/2/21, with Eastern and Pacific times)

SATURDAY AFTERNOON CONFERENCE-OPENING SESSION, 12:45-5:10 pm ET / 9:45 am – 2:10 pm PT

Educational program time excluding breaks: 4:00 (4 hours)

SATURDAY 12:45-1:25 pm ET / 9:45-10:25 am PT

[Amber Orman, MD DipABLM:](#)

"Breast Cancer: An Innovative Integrative Approach"

----1:25-1:35 pm ET / 10:25-10:35 am PT: Audience questions for Amber Orman

(1:35-1:40 pm ET / 10:35-10:40 am PT: Break, stretch, move)

SATURDAY 1:40-2:20 pm ET / 10:40-11:20 am PT

P-POD DISTINGUISHED CHEFS SERIES

[Chef Cynthia Chea Péan, MA:](#)

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

----2:20-2:30 pm ET / 11:20-11:30 am PT: Audience questions for Chef Cynthia Chea Péan

(2:30-2:35 pm ET / 11:30-11:35 am PT: Break, stretch, move)

SATURDAY 2:35-3:10 pm ET / 11:35 am – 12:10 pm PT

[Meghan Jardine, MS MBA RDN LD CDCES:](#)

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

Meghan Jardine presents as a member of the Speakers Bureau of the Vegetarian Nutrition Dietetic Practice Group, Academy of Nutrition and Dietetics.

----3:10-3:20 pm ET / 12:10-12:20 pm PT: Audience questions for Meghan Jardine

(3:20-3:30 pm ET / 12:20-12:30 pm PT: Break, stretch, move)

SATURDAY 3:30-4:20 pm ET / 12:30-1:20 pm PT

Round Table (with audience questions): "What Can the Six Pillars of Lifestyle Medicine Do for Patients Threatened by Major Chronic Diseases?"

Chair: [Amber Orman, MD DipABLM](#)

[Baxter Montgomery, MD FACC](#)

[Saray Stancic, MD FACLM DipABLM](#)

(4:20-4:25 pm ET / 1:20-1:25 pm PT: Break, stretch, move)

SATURDAY 4:25-5:00 pm ET / 1:25-2:00 pm PT

[Mladen Golubic, MD PhD FACLM DipABLM:](#)

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

----5:00-5:10 pm ET / 2:00-2:10 pm PT: Audience questions for Mladen Golubic

(5:10-6:10 pm ET / 2:10-3:10 pm PT: Dinner Break)

SATURDAY EVENING SESSION, 6:10-8:50 pm ET / 3:10-5:50 pm PT

Educational program time excluding breaks: 2:25 (2.5 hours minus 5 minutes)

SATURDAY 6:10-6:50 pm ET / 3:10-3:50 pm PT

[Baxter Montgomery, MD FACC:](#)

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

----6:50-7:00 pm ET / 3:50-4:00 pm PT: Audience questions for Baxter Montgomery

(7:00-7:10 pm ET / 4:00-4:10 pm PT: Break, stretch, move)

SATURDAY 7:10-7:45 pm ET / 4:10-4:45 pm PT

Beth Frates, MD FACLM DipABLM:

“The Power of Social Connection”

---7:45-7:55 pm ET / 4:45-4:55 pm PT: Audience questions for Beth Frates

(7:55-8:00 pm ET / 4:55-5:00 pm PT: Break, stretch, move)

SATURDAY 8:00-8:50 pm ET / 5:00-5:50 pm PT

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

(Friday scheduled activity ends 8:50 pm Eastern / 5:50 pm Pacific)

SUNDAY MORNING SESSION, 10:15 am - 12:55 pm ET / 7:15-9:55 am PT

Educational program time excluding breaks: 2:30 (2.5 hours)

SUNDAY 10:15-10:55 am ET / 7:15-7:55 am PT

Leigh Frame, PhD MHS:

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

---10:55-11:05 am ET / 7:55-8:05 am PT: Audience questions for Leigh Frame

(11:05-11:10 am ET / 8:05-8:10 am PT: Break, stretch, move)

SUNDAY 11:10-11:50 am ET / 8:10-8:50 am PT

Dexter Shurney, MD MBA MPH FACLM DipABLM:

“Lifestyle Medicine: An Attractive Value-based Care Model of Interest to Large Employers”

---11:50 am - 12 noon ET / 8:50-9:00 am PT: Audience questions for Dexter Shurney

(12 noon -12:05 pm ET / 9:00-9:05 am PT: Break, stretch, move)

SUNDAY 12:05–12:45 pm ET / 9:05-9:45 am PT

Kayli Anderson, MS RDN ACSM-EP DipACLM:

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

---12:45-12:55 pm ET / 9:45-9:55 am PT: Audience questions for Kayli Anderson

(12:55-1:55 pm ET / 9:55-10:55 am PT: Lunch Break)

SUNDAY AFTERNOON CLOSING SESSION, 1:55-6:30 pm ET / 10:55 am – 3:30 pm PT

Educational program time excluding breaks: 4:10 (4.25 hours minus 5 minutes)

SUNDAY 1:55-2:55 pm ET / 10:55-11:55 am PT

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

(2:55-3:00 pm ET / 11:55 am – 12:00 noon PT: Break, stretch, move)

SUNDAY 3:00-3:35 pm ET / 12:00 noon – 12:35 pm PT

Loureen Downes, PhD APRN FNP-BC DipACLM FAANP:

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

---3:35-3:45 pm ET / 12:35-12:45 pm PT: Audience questions for Loureen Downes

(3:45-3:50 pm ET / 12:45-12:50 pm PT: Break, stretch, move)

SUNDAY 3:50-4:25 pm ET / 12:50-1:25 pm PT

Ted Barnett, MD FACLM DipABLM:

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

---4:25-4:35 pm ET / 1:25-1:35 pm PT: Audience questions for Ted Barnett

(4:35-4:45 pm ET / 1:35-1:45 pm PT: Break, stretch, move)

SUNDAY 4:45-5:35 pm ET / 1:45-2:35 pm PT

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

(5:35-5:40 pm ET / 2:35-2:40 pm PT: Break, stretch, move)

SUNDAY 5:40-6:20 pm ET / 2:40-3:20 pm PT

Koushik Reddy, MD FACC FACLM DipABLM:

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

---6:20-6:30 pm ET / 3:20-3:30 pm PT: Audience questions for Koushik Reddy

SUNDAY Scheduled lectures end 6:30 pm Eastern.

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