

P-POD CONFERENCE 2025 SERIES ATTENDEE VIEWING AGENDA -- FRIDAY, SEPT. 26, 2025 (virtual) -- p-pod.org		
TIME	TOPIC	SPEAKER
1:45pm ET (10:45 PT)	REGISTRATION CHECK-IN STARTS	
2:25pm ET (11:25 PT)	OPENER	P-POD President / Board Member / Staff
2:30-3:25pm ET (11:30-12:25 PT)	[Round Table] -- How Can Practitioners Convincingly Promote Physical Activity for Chronic Disease Risk Reduction & Mental Health Benefit?	Krisann Polito-Moller, NBC-HWC (Chair) Prachi Garodia, MD DipABLM NBC-HWC Lauren Plunkett, RDN LD CDCES
3:25-3:30pm ET (12:25-12:30 PT)	5-MIN BREAK	Please stretch / move
3:30-4:30pm ET (12:30-1:30 PT)	Barriers to Healthful Nutrition for Cardiovascular Risk Reduction	Kim A. Williams, Sr., MD MACC MASNC FAHA FESC
4:30-4:35pm ET (1:30-1:35 PT)	5-MIN BREAK	Please stretch / move
4:35-5:30pm ET (1:35-2:30 PT)	Whole-Person Healing: How Nutrition & Lifestyle Empower Cancer Survivors to Thrive	Alison Tierney, MS RDN CD CSO
5:30-6:10pm ET (2:30-3:10 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	40 minutes long break
6:10-7:05pm ET (3:10-4:05 PT)	The Art & Science of Plant-based Intuitive Eating - Is It Possible?	Kayli Anderson, MS RDN ACSM-EP FACLM DipACLM
7:05-7:10pm ET (4:05-4:10 PT)	5-MIN BREAK	Please stretch / move
7:10-8:30pm ET (4:10-5:30 PT)	[Duet Presentation] -- Positive Psychology's Insights on Lifestyle Medicine Patient Care & Practitioner Self-Care	Liana Lianov, MD MPH FACPM FACLM DipABLM Prachi Garodia, MD DipABLM NBC-HWC
8:30pm ET (5:30 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff