



**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](http://www.p-pod.org)**  
11.5 hours of educational sessions (Sat. 2:45 pm – Sun. 5:30 pm Eastern, all together, no breakouts)

**COMPLETE SCHEDULE (draft 4/8/21, all in EASTERN time)**

**SATURDAY:** Approximately 1:45 pm, doors open for in-person attendee check-in, etc.

**SATURDAY AFTERNOON CONFERENCE-OPENING SESSION, 2:45-5:15 pm**

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

SATURDAY 2:45-3:20 pm

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

**"Breast Cancer: An Innovative Integrative Approach"**

---3:20-3:30 pm: Audience questions for Amber Orman

(3:30-3:35 pm: Break, stretch, move)

SATURDAY 3:35-4:10 pm

**P-POD DISTINGUISHED CHEFS SERIES**

**[Chef Cynthia Chea Péan, MA:](#)**

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

---4:10-4:20 pm: Audience questions for Chef Cynthia Chea Péan

(4:20-4:30 pm: Break, stretch, move)

SATURDAY 4:30-5:05 pm

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

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

---5:05-5:15 pm: Audience questions for Saray Stancic

SATURDAY 5:15-6:35 pm: Stretch and break for dinner in conference hall

**SATURDAY EVENING SESSION, 6:35-8:50 pm**

**Educational program time excluding breaks: 2:05 (2 hours plus 5 minutes)**

SATURDAY 6:35-7:10 pm

**[Baxter Montgomery, MD FACC:](#)**

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

---7:10-7:20 pm: Audience questions for Baxter Montgomery

(7:20-7:30 pm: Break, stretch, move)

SATURDAY 7:30-8:00 pm

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

**"The Power of Social Connection"**

---8:00-8:10 pm: Audience questions for Beth Frates

SATURDAY 8:10-8:50 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 7:45-9:45 am, breakfast foods availability for at least 2 hours in the conference hall

**SUNDAY MORNING SESSION, 9:10 am - 12:20 pm**

**Educational program time excluding breaks: 2:50 (2.75 hours plus 5 minutes)**

SUNDAY 9:10-9:45 am

**Leigh Frame, PhD MHS:**

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

---9:45-9:55 am: Audience questions for Leigh Frame

(9:55-10:00 am: Break, stretch, move)

SUNDAY 10:00-10:30 am

**Dexter Shurney, MD MBA MPH FACLM DipABLM:**

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

---10:30-10:40 am: Audience questions for Dexter Shurney

(10:40-10:50 am: Break, stretch, move)

SUNDAY 10:50-11:25 am

**Kayli Anderson, MS RDN ACSM-EP DipACLM:**

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

---11:25-11:35 am: Audience questions for Kayli Anderson

(11:35-11:40 am: Break, stretch, move)

SUNDAY 11:40 am - 12:20 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 12:20-12:40 pm (time to stretch briefly, gather food and get seated for 12:40 pm luncheon lectures)

SUNDAY 12:20 pm (luncheon food service begins, for availability ending around 2:15 pm)

**SUNDAY “WORKING LUNCHEON” SESSION, 12:40-2:10 pm**

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

SUNDAY 12:40-1:15 pm

**Ted Barnett, MD FACLM DipABLM:**

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

---1:15-1:25 pm: Audience questions for Ted Barnett

SUNDAY 1:25-2:00 pm

**Loureen Downes, PhD APRN FNP-BC DipACLM FAANP:**

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

---2:00-2:10 pm: Audience questions for Loureen Downes

(2:10-2:20 pm: Break, stretch, move)

**SUNDAY AFTERNOON CLOSING SESSION, 2:20-5:30 pm**

**Educational program time excluding breaks: 2:50 (2.75 hours plus 5 minutes)**

SUNDAY 2:20-2:50 pm

**Mladen Golubic, MD PhD DipABLM:**

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

---2:50-3:00 pm: Audience questions for Mladen Golubic

(3:00-3:05 pm: Break, stretch, move)

SUNDAY 3:05-3:45 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**

(3:45-3:55 pm: Break, stretch, move)

SUNDAY 3:55-4:30 pm

**Meghan Jardine, MS MBA RDN LD CDCES:**

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

---4:30-4:40 pm: Audience questions for Meghan Jardine

(4:40-4:45 pm: Break, stretch, move)

SUNDAY 4:45-5:20 pm

**Koushik Reddy, MD FACC FACLM DipABLM:**

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

---5:20-5:30 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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