

Agenda UPDATED 4/19/2023

Please get up and stretch during breaks!

12 noon - 1:05 pm ET (9:00 - 10:05 am PT)	Columbus Batiste, MD FACC FSCAI Neha Pathak, MD FACP DipABLM	65 =50+Q&A15	5	KEYNOTE DUET DISCUSSION: How Do Cardiovascular Health and Disease Relate to Women's Health, to Vulnerable Populations' Health Disparities and to Lifestyle Medicine?
1:10 - 2:05 pm ET (10:10 - 11:05 am PT)	Andrew Freeman, MD FACC FACP	55 =45+Q&A10	5	Latest Science Reinforces the Plant-based Lifestyle
2:10 - 3:00 pm ET (11:10 am - 12 noon PT)	Amber Orman, MD DipABLM	50 =40+Q&A10	40	Empowering Cancer Patients through Lifestyle Medicine: An Innovative Approach to Wellness
3:40 - 4:40 pm ET (12:40 - 1:40 pm PT)	Brenda Davis, RD (Canada)	60 =50+Q&A10	5	Nutrition for Diabetes Prevention / Reversal (also Helping Support a Diverse Beneficial Gut Microbiome)
4:45 - 5:35 pm ET (1:45 - 2:35 pm PT)	Sean Hashmi, MD MS FASN	50 =40+Q&A10	5	Addressing Chronic Kidney Disease through Nutrition
5:40 - 6:30 pm ET (2:40 - 3:30 pm PT)	Shayna Smith, MD DipABLM	50 =40+Q&A10	0	Enriching Pediatrics with Plant-based Nutrition and Lifestyle Medicine
TOTAL EDUCATIONAL HOURS		330	60	...noting that the mid-point break got 35 extra minutes. Program begins 12 noon ET (9:00 am PT) and ends 6:30 pm ET (3:30 pm PT)
equal 5 hours 30 minutes (390 minutes less 60 for breaks)				