

P-POD CONFERENCE 2025 SERIES ATTENDEE VIEWING AGENDA -- SUNDAY, SEPT. 14, 2025 (virtual) -- p-pod.org		
TIME	TOPIC	SPEAKER
9:15am ET (6:15 PT)	REGISTRATION CHECK-IN STARTS	
9:55am ET (6:55 PT)	OPENER	P-POD President / Board Member / Staff
10:00-11:00am ET (7:00-8:00 PT)	Lifestyle Medicine's Role in Cancer Survivorship, From Diagnosis Onward	Amber Orman, MD DipABLM
11:00-11:05am ET (8:00-8:05 PT)	5-MIN BREAK	Please stretch / move
11:05am-12:00pm ET (8:05-9:00 PT)	Improving Overall Fitness with Plant-based Nutrition & Practical Training Strategies	Anabelle Broadbent, PhD MS
12:00-12:40pm ET (9:00-9:40 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	40 minutes long break
12:40-1:40pm ET (9:40-10:40 PT)	Plant-based Nutrition for Coping with Diabetes & Chronic Kidney Disease	Michele Crosmer, RDN CSR
1:40-1:45pm ET (10:40-10:45 PT)	5-MIN BREAK	Please stretch / move
1:45-2:45pm ET (10:45-11 :45 PT)	From Tired to Thriving: Practical Sleep Tips for Lifestyle Medicine Practitioners	Michelle Jonelis, MD DipABLM
2:45-2:50pm ET (11:45-11:50 PT)	5-MIN BREAK	Please stretch / move
2:50-4:00pm ET (11:50-1:00 PT)	[Round Table] -- Plant-based Nutrition Guidance through the Lifetime for Reducing Risk of a Wide Range of Chronic Disease	Pamela Fergusson, PhD RD (Canada) (Chair) Meryl Fury, MS RN Amber Orman, MD DipABLM Laura Pridemore, MD JD FAAP DipABLM
4:00-4:05pm ET (1:00-1:05 PT)	5-MIN BREAK	Please stretch / move
4:05-5:05pm ET (1:05-2:05 PT)	Fueling Resilience: Nutritional Foundations for Heart Health	Columbus Batiste, MD FACC FSCAI
5:05-5:45pm ET (2:05-2:45 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	40 minutes long break
5:45-6:45pm ET (2:45-3:45 PT)	The State of Women's Health 2025: Power, Equity, Choices	Sharan Abdul-Rahman, MD MBA NCMP
6:45-6:50pm ET (3:45-3:50 PT)	5-MIN BREAK	Please stretch / move
6:50-7:45pm ET (3:50-4:45 PT)	[Duet Discussion] -- The Heart-Mind Connection: Metabolic Health for Whole Person Well-Being	Columbus Batiste, MD FACC FSCAI Yami Cazorla-Lancaster, DO MPH MS FAAP DipABLM NBC-HWC
7:45pm ET (4:45 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff

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

P-POD CONFERENCE 2025 SERIES ATTENDEE VIEWING AGENDA -- SATURDAY, SEPT. 27, 2025 (virtual) -- p-pod.org		
TIME	TOPIC	SPEAKER
9:15am ET (6:15 PT)	REGISTRATION CHECK-IN STARTS	
9:55am ET (6:55 PT)	OPENER	P-POD President / Board Member / Staff
10:00-11:00am ET (7:00-8:00 PT)	Nutrition Essentials to Support Older Adults' Physical & Mental Health	Brenda Davis, RD (Canada)
11:00-11:05am ET (8:00-8:05 PT)	5-MIN BREAK	Please stretch / move
11:05am-12:15pm ET (8:05-9:15 PT)	Annual Women's Health Empowerment Round Table	Neha Pathak, MD FACP DipABLM (Chair) Daphne Bascom, MD PhD Debra Shapiro, MD FACOG DipABLM Elizabeth Winings, DNP APRN PMHNP DipACLM
12:15-12:50pm ET (9:15-9:50 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	35 minutes long break
12:50-1:40pm ET (9:50-10:40 PT)	Eat to See: Nutrition for Ocular Health	Lakshman Mulpuri, MD
1:40-1:45pm ET (10:40-10:45 PT)	5-MIN BREAK	Please stretch / move
1:45-2:45pm ET (10:45-11 :45 PT)	Delivering Produce to the People in 2025: A Family-Centered Model vs. Food Insecurity	Qadira M. Ali, MD MPH FAAP DipABLM
2:45-2:50pm ET (11:45-11:50 PT)	5-MIN BREAK	Please stretch / move
2:50-3:50pm ET (11:50-12:50 PT)	Insights from Current Cancer Research: Lifestyle Interventions for Reducing Cancer Risk and Improving Outcomes	Neil Iyengar, MD
3:50-3:55pm ET (12:50-12:55 PT)	5-MIN BREAK	Please stretch / move
3:55-4:50pm ET (12:55-1:50 PT)	Plant-based Diets in Preventing or Managing Chronic Kidney Disease	Holly Kramer, MD MPH
4:50-5:30pm ET (1:50-2:30 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	40 minutes long break
5:30-6:30pm ET (2:30-3:30 PT)	The Year in Plants 2025: All the Data You Might Have Missed	Andrew Freeman, MD FACC FACP
6:30-6:35pm ET (3:30-3:35 PT)	5-MIN BREAK	Please stretch / move
6:35-7:45pm ET (3:35-4:45 PT)	[Round Table] -- Plant-based Nutrition Guidance through the Lifetime for Reducing Risk of a Wide Range of Chronic Disease	Alison Tierney, MS RDN CD CSO (Chair) Andrew Freeman, MD FACC FACP Holly Kramer, MD MPH Jennifer Rooke, MD MPH FACOEM FACPM DipABLM
7:45pm ET (4:45 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff

P-POD CONFERENCE 2025 SERIES ATTENDEE VIEWING AGENDA -- SUNDAY, SEPT. 28, 2025 (virtual) -- p-pod.org		
TIME	TOPIC	SPEAKER
9:15am ET (6:15 PT)	REGISTRATION CHECK-IN STARTS	
9:55am ET (6:55 PT)	OPENER	P-POD President / Board Member / Staff
10:00-11:00am ET (7:00-8:00 PT)	Healthspan, Epigenetics & the Microbiome	M. Elizabeth Swenor, DO FACLM DipABLM
11:00-11:05am ET (8:00-8:05 PT)	5-MIN BREAK	Please stretch / move
11:05am-12:00pm ET (8:05-9:00 PT)	Mind, Mood, Food Connection	Elizabeth Winings, DNP APRN PMHNP DipACLM
12:00-12:35pm ET (9:00-9:35 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	35 minutes long break
12:35-1:30pm ET (9:35-10:30 PT)	From Aspiration to Action: Realistic Lifestyle Changes for Better Mental & Physical Health	Kristen Gialo, DO DipABLM PMH-C
1:30-1:35pm ET (10:30-10:35 PT)	5-MIN BREAK	Please stretch / move
1:35-2:00pm ET (10:35-11:00 PT)	Response Dialogue on Supporting Patients' Mental Health	Kristen Gialo, DO DipABLM PMH-C Elizabeth Winings, DNP APRN PMHNP DipACLM
2:00-2:05pm ET (11:00-11:05 PT)	5-MIN BREAK	Please stretch / move
2:05-3:05pm ET (11:05-12:05 PT)	Expanding the Plate: Diets beyond the Mediterranean Rooted in Heritage	Deitra Dennis, RN NBC-HWC
3:05-3:10pm ET (12:05-12:10 PT)	5-MIN BREAK	Please stretch / move
3:10-4:10pm ET (12:10-1:10 PT)	Eating for Healing: Reframing Macronutrients to Enhance Diabetes Self-Management Skills	Lauren Plunkett, RDN LD CDCES
4:10-4:15pm ET (1:10-1:15 PT)	5-MIN BREAK	Please stretch / move
4:15-5:15pm ET (1:15-2:15 PT)	Using Lifestyle To Address Metabolic Syndrome & the Chronic Disease Risks It Promotes	Christina Wells, MD MPH MBA FAAFP DipABLM DABOM
5:15-5:55pm ET (2:15-2:55 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	40 minutes long break
5:55-6:50pm ET (2:55-3:50 PT)	Evidence-based Nutrition Principles for Optimizing Kidney Health	Sean Hashmi, MD MS FASN
6:50-6:55pm ET (3:50-3:55 PT)	5-MIN BREAK	Please stretch / move
6:55-7:45pm ET (3:55-4:45 PT)	[Duet Discussion] -- Enabling Institutions & Practitioners to Address Food Insecurity & Care Disparities of Vulnerable Populations	Qadira M. Ali, MD MPH FAAP DipABLM Christina Wells, MD MPH MBA FAAFP DipABLM DABOM
7:45pm ET (4:45 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff

P-POD CONFERENCE 2025 SERIES ATTENDEE VIEWING AGENDA -- SUNDAY, OCT. 5, 2025 (Philadelphia + virtual) -- p-pod.org		
TIME	TOPIC	SPEAKER
8:30am ET (5:30 PT)	REGISTRATION CHECK-IN STARTS	
TBA	IN-PERSON BREAKFAST SERVICE BEGINS BEFORE OPENER	
9:15am ET (6:15 PT)	OPENER	P-POD President / Board Member / Staff
9:20-10:15am ET (6:20-7:15 PT)	Addressing Obesity through Lifestyle Medicine and Nutrition	Mahima Gulati, MD FACE MSc FACLM DipABLM ECNU
10:15-10:20pm ET (7:15-7:20 PT)	5-MIN BREAK	Please stretch / move
10:20-11:15am ET (7:20-8:15 PT)	Reviewing Research on Essential Fatty Acid Plant Sources & Evaluating Health Implications of Fish	Tim Radak, DrPH MPH RDN
11:15-11:20pm ET (8:15-8:20 PT)	5-MIN BREAK	Please stretch / move
11:20am-12:15pm ET (8:20-9:15 PT)	[Round Table] -- Plant-based Nutrition Guidance through the Lifetime for Reducing Risk of a Wide Range of Chronic Disease	Tim Radak, DrPH MPH RDN (Chair) David Bowman, MD FACLM DipABLM Lily Correa, MPH RDN DipACLM Mahima Gulati, MD FACE MSc FACLM DipABLM
12:15-12:30pm ET (9:15-9:30 PT)	BREAK FOR EVERYONE TO STRETCH, MOVE, STOP SITTING	15 minutes break
12:30-12:50pm ET (9:30-9:50 PT)	BREAK TO MOVE, GET FOOD (IN-PERSON LUNCH SERVED)	20 minutes continued break
12:50-1:45pm ET (9:50-10:45 PT)	Promoting Practitioner Self-care to Improve Resilience, Health & Happiness	Beth Frates, MD FACLM DipABLM
1:45-1:50pm ET (10:45-10:50 PT)	5-MIN BREAK	Please stretch / move
1:50-2:45pm ET (10:50-11:45 PT)	Transforming Family Health through Plant-based Nutrition	David Bowman, MD FACLM DipABLM
2:45-2:50pm ET (11:45-11:50 PT)	5-MIN BREAK	Please stretch / move
2:50-3:45pm ET (11:50-12:45 PT)	KEYNOTE PRESENTATION -- Lifting for Longevity: How Strength Training Builds a Resilient Body & Mind	Daphne Bascom, MD PhD
3:45-4:00pm ET (12:45-1:00 PT)	BREAK FOR EVERYONE TO STRETCH, MOVE, STOP SITTING	15 minutes break
4:00-4:55pm ET (1:00-1:55 PT)	The Brain-Gut-Microbiome Connection 2025: Simple Strategies to Create a Happy Healthy Gut	Sarina Pasricha, MD MSCR
4:55-5:15pm ET (1:55-2:15 PT)	BREAK TO MOVE, GET FOOD (IN-PERSON DINNER SERVED)	20 minutes break
5:15-6:55pm ET (2:15-3:55 PT) minus 5 minute pause in middle	[Solo combined with Round Table] -- The Moral Imperative of the Medical Profession to Promote Plant-based Nutrition: Implementation, Barriers, Trajectory of Future Benefit	Sarah C. Hull, MD MBE (Soloist and Chair) Daphne Bascom, MD PhD Tim Radak, DrPH MPH RDN
6:55pm ET (3:55 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff