

P-POD CONFERENCE 2026 SERIES ATTENDEE VIEWING AGENDA -- SUNDAY, OCT. 4, 2026 (virtual) -- p-pod.org		
TIME	TOPIC	SPEAKER
9:20am ET (6:20 PT)	REGISTRATION LOG-IN STARTS	
9:55am ET (6:55 PT)	OPENER	P-POD President / Board Member / Staff
10:00-11:15am ET (7:00-8:15 PT)	The Power of All Six Lifestyle Medicine Pillars for Physical and Mental Health	Beth Frates, MD FACLM DipABLM
11:15-11:30am ET (8:15-8:30 PT)	15 minute LONGER BREAK	Please stretch / move
11:30am-12:30pm ET (8:30-9:30 PT)	[Round Table] -- Benefits of Sleep Quality and Enjoyable Movement for Patients' and Providers' Mental/Physical Health at All Ages	Danielle Medina, ACE AFAA RYT (Chair) Michelle Dalal, MD FAAP DipABLM Mahima Gulati, MD FACE MSc FACLM DipABLM ECNU
12:30-12:55pm ET (9:30-9:55 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	25 minutes long break
12:55-1:50pm ET (9:55-10:50 PT)	Integrating Plant-based Nutrition in Clinical Practice: Where to Begin	Samara Sterling, PhD RDN DipACLM
1:50-1:55pm ET (10:50-10:55 PT)	5-MIN BREAK	Please stretch / move
1:55-2:50pm ET (10:55-11:50 PT)	Lifestyle Medicine for Common Hormonal Disorders, Including Thyroid, Women's Health and Testosterone Related Conditions	Mahima Gulati, MD FACE MSc FACLM DipABLM ECNU
2:50-2:55pm ET (11:50-11:55 PT)	5-MIN BREAK	Please stretch / move
2:55-4:05pm ET (11:55-1:05 PT)	[Round Table] -- What Should Be the Nutrition Messaging Put Forward by Practitioners and/or Society about Reducing Cardiovascular Disease and Cancer?	Francesca Castro, MS RDN CSO CDN Anthony Disson, EdD MPH MA RDN CPH Samara Sterling, PhD RDN DipACLM
4:05-4:10pm ET (1:05-1:10 PT)	5-MIN BREAK	Please stretch / move
4:10-5:05pm ET (1:10-2:05 PT)	Children's Whole-Person Health: Food, Movement and Emotional Resilience in Clinical Care	Danielle Medina, ACE AFAA RYT
5:05-5:40pm ET (2:05-2:40 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	35 minutes long break
5:40-6:35pm ET (2:40-3:35 PT)	Nutrition Needs and Inclusive Care Practice in the LGBTQIA+ Population	Anthony Disson, EdD MPH MA RDN CPH
6:35-6:40pm ET (3:35-3:40 PT)	5-MIN BREAK	Please stretch / move
6:40-7:35pm ET (3:40-4:35 PT)	Foundations of Well-Being: Mobilizing Lifestyle Medicine for Adolescent Mental Wellness	Michelle Dalal, MD FAAP DipABLM
7:35pm ET (4:35 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff