

P-POD CONFERENCE 2026 SERIES ATTENDEE VIEWING AGENDA -- SATURDAY, JUNE 6, 2026 (Atlanta + virtual) -- p-pod.org

TIME	TOPIC	SPEAKER
10:00am ET (7:00 PT)	REGISTRATION CHECK-IN / LOG-IN STARTS	
10:55am ET (7:55 PT)	OPENER	P-POD President / Board Member / Staff
11:00-11:55am ET (8:00-8:55 PT)	The Gut–Immune Axis and Healthy Aging: Inflammation, Accelerated Aging and Lifestyle Strategies in Autoimmune Disease	Neha Bhanusali, MD FACR DipABLM
11:55am-12:00noon ET (8:55-9:00 PT)	5-MIN BREAK	Please stretch / move
12:00-12:50pm ET (9:00-9:50 PT)	[Round Table] --Health Impact of Stress Level and Sleep Quality on Practitioners and Patients Alike-- What Can We All Do?	Krystyna R. Morgan, MPH NBC-HWC (Chair) Neha Bhanusali, MD FACR DipABLM Jennifer Rooke, MD MPH FACOEM FACPM DipABLM
12:50-1:35pm ET (9:50-10:35 PT)	[LONG BREAK TO STRETCH, MOVE, EAT LUNCH FOOD ETC.]	45 minutes long break (lunch in Atlanta)
1:35-2:40pm ET (10:35-11:40 PT)	How Nutrition Influences the Metabolic Drivers of Endometrial Cancer Risk, and How PCOS Is Related	Alison Tierney, MS RDN CD CSO
2:40-2:55pm ET (11:40-11:55 PT)	15 minutes: Lifetime Achievement Award to Dr. Jennifer Rooke	BREAK for Lifetime Achievement Award
2:55-4:00pm ET (11:55-1:00 PT)	Thriving through Cancer: A Daughter's Perspective, A Clinician's Calling	Dhana Blissett, MS RDN LD
4:00-4:15pm ET (1:00-1:15 PT)	15 minute LONGER BREAK	Please stretch / move
4:15-5:25pm ET (1:15-2:25 PT)	Empowering Cancer Patients through Lifestyle Medicine: An Innovative Approach to Wellness	Amber Orman, MD FACLM DipABLM
5:25-6:15pm ET (2:25-3:15 PT)	[LONG BREAK TO STRETCH, MOVE, EAT DINNER FOOD ETC.]	50 minutes long break (dinner in Atlanta)
6:15-7:35pm ET (3:15-4:35 PT)	Women's Health Empowerment Round Table: Supporting the Physical and Mental Sides of Survivorship for Cancer and Cardiovascular Disease	Elizabeth Winings, DNP APRN PMHNP DipACLM Dhana Blissett, MS RDN LD Amber Orman, MD FACLM DipABLM Jennifer Rooke, MD MPH FACOEM FACPM DipABLM Alison Tierney, MS RDN CD CSO
7:35pm ET (4:35 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff
	Sunset in Atlanta is at 8:47pm ET	

P-POD CONFERENCE 2026 SERIES ATTENDEE VIEWING AGENDA -- SUNDAY, JUNE 7, 2026 (Atlanta + virtual) -- p-pod.org

TIME	TOPIC	SPEAKER
8:15am ET (5:15 PT)	REGISTRATION CHECK-IN / LOG-IN BEGINS	
8:15am ET (5:15 PT)	ATLANTA BREAKFAST SERVING BEGINS	
8:55am ET (5:55 PT)	OPENER	P-POD President / Board Member / Staff
9:00-10:00am ET (6:00-7:00 PT)	[Round Table] -- The Future of Research on and Clinical Implementation of Lifestyle Interventions for Cancer	Neil Iyengar, MD Amber Orman, MD FACLM DipABLM Urvi Shah, MD MS DipABLM
10:00-10:05am ET (7:00-7:05 PT)	5-MIN BREAK	Please stretch / move
10:05-11:05am ET (7:05-8:05 PT)	Optimizing Mental Health Outcomes through Lifestyle Medicine	Elizabeth Winings, DNP APRN PMHNP DipACLM
11:05-11:10am ET (8:05-8:10 PT)	5-MIN BREAK	Please stretch / move
11:10am-12:10pm ET (8:10-9:10 PT)	Cancer and Dietary Research -- Nutrition, Microbiome and Metabolism	Urvi Shah, MD MS DipABLM
12:10-1:00pm ET (9:10-10:00 PT)	[LONG BREAK TO STRETCH, MOVE, EAT LUNCH FOOD ETC.]	50 minutes long break (lunch in Atlanta)
1:00-2:05pm ET (10:00-11:05 PT)	How Does Kidney Disease Accelerate Aging and Increase Risk of Cognitive Decline, Sarcopenia and Frailty?	Holly Kramer, MD MPH
2:05-2:10pm ET (11:05-11:10 PT)	5-MIN BREAK	Please stretch / move
2:10-3:10pm ET (11:10-12:10 PT)	Lifestyle Interventions for Cancer: Clinical Implementation and Future Directions	Neil Iyengar, MD
3:10-3:25pm ET (12:10-12:25 PT)	15 minute LONGER BREAK	Please stretch / move
3:25-4:20pm ET (12:25-1:20 PT)	Plant-based Nutrition in Pediatric Support of Healthy Thriving Children	Shayna Roaf, MD DipABLM
4:20-4:25pm ET (1:20-1:25 PT)	5-MIN BREAK	Please stretch / move
4:25-4:55pm ET (1:25-1:55 PT)	[Closing Duet Discussion] --Seeding Plant-based Lifestyle Change in Families and Communities	Marsha-Gail Davis, MD MPH FACLM DipABLM Shayna Roaf, MD DipABLM
4:55pm ET (1:55 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff
4:55pm ET (1:55 PT)	OPTIONAL ATLANTA FAREWELL DINNER OPENS AFTER ANNOUNCEMENTS	