

P-POD CONFERENCE 2026 SERIES ATTENDEE VIEWING AGENDA -- FRIDAY, SEPT. 25, 2026 (virtual) -- p-pod.org		
TIME	TOPIC	SPEAKER
1:30pm ET (10:30 PT)	REGISTRATION LOG-IN STARTS	
2:10pm ET (11:10 PT)	OPENER	P-POD President / Board Member / Staff
2:15-3:15pm ET (11:15-12:15 PT)	Practical Lifestyle Medicine Approaches for the Management of Obesity	Christina Wells, MD MPH MBA FAAFP DipABLM DABOM
3:15-3:20pm ET (12:15-12:20 PT)	5-MIN BREAK	Please stretch / move
3:20-4:20pm ET (12:20-1:20 PT)	[Duet Discussion] -- How Can the Six Pillars of Lifestyle Medicine Enhance Future Primary-Care Family Practice in Communities?	Christina Wells, MD MPH MBA FAAFP DipABLM DABOM Robert Breakey, MD FAAFP DipABLM
4:20-4:35pm ET (1:20-1:35 PT)	15 minute LONGER BREAK	Please stretch / move
4:35-5:50pm ET (1:35-2:50 PT)	Whole Food Plant-based Diets and Autoimmune Disease	Michael Klaper, MD DipABLM
5:50-6:15pm ET (2:50-3:15 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	25 minutes long break
6:15-7:20pm ET (3:15-4:20 PT)	Beyond Disease Management: Unlocking Cardiovascular Health through Lifestyle Medicine	Robert Breakey, MD FAAFP DipABLM
7:20-7:25pm ET (4:20-4:25 PT)	5-MIN BREAK	Please stretch / move
7:25-8:30pm ET (4:25-5:30 PT)	[Duet Discussion] -- What Have We All Learned about Chronic Disease Prevention through Plant-based or Vegan Diets Over the Last 45 Years, and How Should U.S. Dietary Guidelines Reflect That?	Michael Klaper, MD DipABLM Vesanto Melina, MS RD (Canada)
8:30pm ET (5:30 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff

P-POD CONFERENCE 2026 SERIES ATTENDEE VIEWING AGENDA -- SATURDAY, SEPT. 26, 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)	[Round Table] -- How Can Health Professionals Best Support Culturally Competent Practice, and More Equitable Resources Access and Health Outcomes?	Qadira M. Ali, MD MPH FAAP FACLM DipABLM (Chair) David Bowman, MD FACLM DipABLM Neha Pathak, MD FACP DipABLM Naa-Solo Tettey, EdD MPH MBA MCHES
11:15-11:30am ET (8:15-8:30 PT)	15 minute LONGER BREAK	Please stretch / move
11:30am-12:40pm ET (8:30-9:40 PT)	Food as Medicine: Plant-based Nutrition for Patients with Advanced Breast Cancer	Thomas M. Campbell II, MD DABOM
12:40-1:05pm ET (9:40-10:05 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	25 minutes long break
1:05-2:10pm ET (10:05-11:10 PT)	Food as Medicine in Action: 2026 Update on a Model Pediatric Produce Prescription Program	Qadira M. Ali, MD MPH FAAP FACLM DipABLM
2:10-2:15pm ET (11:10-11:15 PT)	5-MIN BREAK	Please stretch / move
2:15-3:25pm ET (11:15-12:25 PT)	[Duet Discussion] -- What Directions for Future Research on Plant-based Nutrition Are Suggested by This Decade's Findings Related to Chronic Kidney Disease, Type 2 Diabetes and Breast Cancer?	Thomas M. Campbell II, MD DABOM Holly Kramer, MD MPH
3:25-3:40pm ET (12:25-12:40 PT)	15 minute LONGER BREAK	Please stretch / move
3:40-4:45pm ET (12:40-1:45 PT)	Mobilizing Family Lifestyles to Reduce Chronic Disease: Plant-based Nutrition, Physical Activity, Stress Relief	David Bowman, MD FACLM DipABLM
4:45-5:15pm ET (1:45-2:15 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	30 minutes long break
5:15-6:20pm ET (2:15-3:20 PT)	The Role of Lifestyle Medicine in Cancer Care	Jasmin Hundal, MD MS MPH DipABLM
6:20-6:25pm ET (3:20-3:25 PT)	5-MIN BREAK	Please stretch / move
6:25-7:35pm ET (3:25-4:35 PT)	More Than Food Access: Community-Derived Lessons from HeartSmarts on Sustaining Plant-based Nutrition	Naa-Solo Tettey, EdD MPH MBA MCHES
7:35pm ET (4:35 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff

P-POD CONFERENCE 2026 SERIES ATTENDEE VIEWING AGENDA -- SUNDAY, SEPT. 27, 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
10:00-11:10am ET (7:00-8:10 PT)	Autoimmunity, Epigenetics and Gut Health	M. Elizabeth Swenor, DO FACLM DipABLM
11:10-11:25am ET (8:10-8:25 PT)	15 minute LONGER BREAK	Please stretch / move
11:25am-12:30pm ET (8:25-9:30 PT)	Facts and Myths about Plant-based Diets for Babies and Children	Reed Mangels, PhD RDN FADA
12:30-12:55pm ET (9:30-9:55 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	25 minutes long break
12:55-2:10pm ET (9:55-11:10 PT)	[Round Table] -- Past Mandates and Current Promotion of Cow's Milk Dairy in Schools: Impact on Chronic Disease Risk Patterns and Lactose Intolerance Disparities	Meryl Fury, MS RN (Chair) Reed Mangels, PhD RDN FADA Milton Mills, MD
2:10-2:15pm ET (11:10-11:15 PT)	5-MIN BREAK	Please stretch / move
2:15-3:10pm ET (11:15-12:10 PT)	[Duet Discussion] -- Recent Further Insights about Interaction between the Gut, the Immune System and the Brain	M. Elizabeth Swenor, DO FACLM DipABLM Sarina Pasricha, MD MSCR
3:10-3:25pm ET (12:10-12:25 PT)	15 minute LONGER BREAK	Please stretch / move
3:25-4:45pm ET (12:25-1:45 PT)	Culinary Medicine for Sickle Cell Warriors	Meryl Fury, MS RN Jocelyn Mallard, MSN APRN CPNP-PC
4:45-5:15pm ET (1:45-2:15 PT)	[LONG BREAK TO STRETCH, MOVE, GET FOOD ETC.]	30 minutes long break
5:15-6:25pm ET (2:15-3:25 PT)	The Year In Plants 2026: All The GOOD Stuff You May Have Missed	Andrew Freeman, MD FACC FACP
6:25-6:30pm ET (3:25-3:30 PT)	5-MIN BREAK	Please stretch / move
6:30-7:35pm ET (3:30-4:35 PT)	[Duet Discussion] -- What Evidence-based Nutrition Guidelines Would Best Support Community Healthcare Practice in 2026?	Lily Correa, MPH RDN DipACLM Andrew Freeman, MD FACC FACP
7:35pm ET (4:35 PT)	CLOSING ANNOUNCEMENTS	P-POD President / Board Member / Staff