

SATURDAY

Please get up and stretch during breaks!

1:00-1:50 pm ET	Caroline Trapp, DNP ANP-BC CDCES FAANP DipACLM	50 =40+Q&A10	Remission of Type 2 Diabetes as the Goal of Care
1:55-2:40 pm ET	Sean Hashmi, MD MS FASN	45 =40+Q&A 5	Dietary Approaches to Kidney Disease
2:45-3:30 pm ET	Michele Crosmer, RDN CSR	45 =40+Q&A 5	Implementing a Whole Food Plant-based Diet to Preserve Kidney Function
3:30-3:45 pm ET	Sean Hashmi, MD MS FASN Michele Crosmer, RDN CSR	15 with Q&A	Followup Questions/Conversation: Kidney Health and Disease
3:50-4:35 pm ET	Ana M. Negrón, MD	45 =35+Q&A10	Love Your Health and Your Community: Protect Them Together
4:40-5:30 pm ET	Columbus Batiste, MD FACC FSCAI	50 =40+Q&A10	The Cause and Cure for the Healthcare Crisis in America
6:15-7:05 pm ET	Yami Cazorla-Lancaster, DO MPH MS FAAP DipABLM Marc Ramirez, Food for Life instructor	50 with Q&A	Using Simple Cuisine to Try to Change Lives for the Better
7:10-8:00 pm ET	Columbus Batiste, MD FACC FSCAI Ana M. Negrón, MD	50 with Q&A	Promoting Heart Health through Plant-based Nutrition and Family Medicine
8:05-8:55 pm ET	M. Elizabeth Swenor, DO DipABLM	50 =40+Q&A10	Our Gut Microbiome, Diet and Immunity--Updates 2022
TOTAL SATURDAY EDUCATIONAL HOURS		400	= 6 HOURS, 40 MINUTES
SAT. evening ends: 8:55 to 10:00 pm with dancing to a variety of music,			or unstructured activity as you wish.

SUN. morning opens: time-TBA Campus Group Run led by Dr. Sundermann; 8:10-9:00 am Rise and Shine Vinyasa Yoga with Eileen Crone, RDN MS ERYT500

SUNDAY

10:00-11:00 am ET	Jennifer Sewell Singh, MD DipABLM Alison Tierney, MS RDN CD CSO	60 =50+Q&A10	Professional Ethics Presentation (1 RD CPEU): Understanding the Gaps and Barriers in Access, Quality of Care and Equitable Treatment, in Women's Health [The Academy of Nutrition and Dietetics and Commission on Dietetic Registration (CDR) are not responsible for the provider's interpretation of the Academy/CDR Code of Ethics for the Nutrition and Dietetics Profession or its enforcement as it relates to scenarios and content presented in this activity.]
11:05-11:50 am ET	Beth Frates, MD FACLM DipABLM	45 =35+Q&A10	Working Toward a Healthy Body, Peaceful Mind and Joyful Heart with Lifestyle Medicine Principles and Practice
11:55 am to 12:30 pm ET	Beth Frates, MD FACLM DipABLM Dexter Shurney, MD MBA MPH FACLM DipABLM Melissa Sundermann, DO FACOI DipABLM	35 with Q&A	Response Panel: Lifestyle Medicine's Pillars, Supporting Mental/Emotional Health as Well as the Body
1:15-2:00 pm ET	Melissa Sundermann, DO FACOI DipABLM	45 =35+Q&A10	Moving Mountains -- The Power of Movement and Nature in Achieving the Peak of Well-being
2:05--2:55 pm ET	Dexter Shurney, MD MBA MPH FACLM DipABLM	50 =40+Q&A10	New Payment Strategies for Lifestyle Medicine and Food as Medicine
3:05-3:50 pm ET	Jennifer Sewell Singh, MD DipABLM	45 =40+Q&A 5	Lifestyle Medicine and Cancer Survivorship
3:55-4:40 pm ET	Alison Tierney, MS RDN CD CSO	45 =40+Q&A 5	Harnessing the Power of Nutrition to Reduce Breast Cancer Risk and Recurrence
4:40-4:55 pm ET	Jennifer Sewell Singh, MD DipABLM Alison Tierney, MS RDN CD CSO	15 with Q&A	Followup Questions/Conversation: Lifestyle vs. Cancer
5:05-5:55 pm ET	Yami Cazorla-Lancaster, DO MPH MS FAAP DipABLM	50 =40+Q&A10	Pediatric Nutrition for Wellbeing and Longevity, Independent of Body Size
TOTAL SUNDAY EDUCATIONAL HOURS		390	= 6 HOURS, 30 MINUTES
TOTAL EDUCATIONAL HOURS		790	= 13 HOURS, 10 MINUTES

FOOD NOTES: (1) SAT. in-person lunch food is available at noon, 1 hour before conference opening. SUN. optional closing dinner begins only after 5:55 pm conference end.
(2) GetYourFood breaks = SAT. 5:30-6:15 pm, SUN. 12:30-1:15 pm; food available 1.25-1.5 hrs. (3) SUN. breakfast food available approx. 8:30-10:15 am. 1st presentation 10 am.