

time  
without  
breaks

Please get up and stretch during breaks!

## SATURDAY

10:05-11:05 am ET	Krystyna "Tina" Rastorguieva, MPH Neha Pathak, MD FACP DipABLM Koushik Reddy, MD FACC FACLM DipABLM	60 with Q&A	Bringing the Six Pillars of Lifestyle Medicine into Institutions and Community
11:15 am to 12:05 pm ET	Tim Radak, DrPH MPH RDN	50 =40+Q&A10	Nutrition and Nutrient Review, and Planning Guide: Plant-based or Vegan Diets – A Primer
12:50-1:35 pm ET	Kayli Anderson, MS RDN ACSM-EP DipACLM	45 =35+Q&A10	Plant-based Mavens, Part 1: Lifestyle Medicine Strategies for Optimizing Fertility
1:40-2:25 pm ET	Janese Laster, MD	45 =35+Q&A10	The Skinny on Gut Health and Weight Maintenance
2:30-3:15 pm ET	Vanessa Méndez MD DipABLM	45 =35+Q&A10	The Role of Our Microbiome in Human Health, and What Nutrition and Lifestyle Can Teach Us
3:15-3:30 pm ET	Janese Laster, MD Vanessa Méndez MD DipABLM	15 with Q&A	Followup Questions/Conversation: The Microbiome and Gut Health
3:40-4:30 pm ET	Kelly Freeman, MSN AGPCNP-BC DipACLM	50 =40+Q&A10	The Happy Healthy Aging Brain: Key Lifestyle Factors to Reduce Dementia Risk
4:35-5:25 pm ET	Milton Mills, MD	50 =40+Q&A10	Diet and Cancer: Causation, Prevention, Possible Reversal (Part 1)
6:10-7:00 pm ET	Neha Pathak, MD FACP DipABLM	50 =40+Q&A10	Lifestyle Medicine for Personal and Planetary Health
7:05-7:55 pm ET	Kim A. Williams, Sr., MD MACC FASNC FAHA	50 =40+Q&A10	Dueling the Dual Pandemic: Nutrition, the Microbiome, COVID-19 and Cardiovascular Mortality
8:00-8:50 pm ET	Timaree Hagenburger, MPH RDN EP-c Kayli Anderson, MS RDN ACSM-EP DipACLM Jennifer Trilk, PhD FACSM DipACLM	50 with Q&A	Movement and Physical Activity: Their Role in the Lifestyle-based Efforts against Chronic Disease
<b>TOTAL SATURDAY EDUCATIONAL HOURS</b>		510	<b>= 8 HOURS, 30 MINUTES</b>

## SUNDAY

10:00-10:50 am ET	Koushik Reddy, MD FACC FACLM DipABLM	50 =40+Q&A10	A Cardiologist's Heart to Heart Talk about Diabetes
10:55-11:40 am ET	Jennifer Trilk, PhD FACSM DipACLM	45 =35+Q&A10	The Neglected Importance of Nutrition in Medical School Curriculum
11:45 am to 12:35 pm ET	Kamyar Kalantar-Zadeh, MD PhD MPH FACP FAAP FASN FAHA	50 =40+Q&A10	"PLADO": Plant-dominant Diet for Kidney Health
1:20-1:50 pm ET	Marsha-Gail Davis, MD DipABLM	30 =25+Q&A5	Advancing Health Equity through School Environments
1:50-2:25 pm ET	Marsha-Gail Davis, MD DipABLM Kim A. Williams, Sr., MD MACC FASNC FAHA	35 =25+Q&A10	Response Dialogue: The Need for Healthcare Practitioners to Pursue Health Equity in Communities
2:30-3:20 pm ET	Milton Mills, MD	50 =40+Q&A10	Diet and Cancer: Causation, Prevention, Possible Reversal (Part 2)
3:25-4:10 pm ET	Timaree Hagenburger, MPH RDN EP-c	45 =35+Q&A10	Tapping Into the Power of Cultural Food and Simplicity for Sustainable Plant-based Eating
4:15-5:00 pm ET	Kayli Anderson, MS RDN ACSM-EP DipACLM	45 =35+Q&A10	Plant-based Mavens, Part 2: Lifestyle Medicine Strategies For Healthy Pregnancy and Beyond
5:05-5:55 pm ET	Shayna Smith, MD DipABLM	50 =40+Q&A10	Implementing Lifestyle Medicine and Plant-based Principles in a General Pediatric Practice
<b>TOTAL SUNDAY EDUCATIONAL HOURS</b>		400	<b>= 6 HOURS, 40 MINUTES</b>
<b>TOTAL EDUCATIONAL HOURS</b>		910	<b>= 15 HOURS, 10 MINUTES</b>

## NOTES:

- (1) Conference opens Saturday at 10 am ET. Optional Sunday closing dinner begins after 5:55 conference end.  
 (2) Get-Your-Food breaks = SAT. 12:05-12:50 & 5:25-6:10 pm & SUN. 12:35-1:20 pm but food is available 1.5-2 hrs.  
 (3) SAT. night 8:50 to 10:00 pm is reserved for a dance or social gathering.  
 (4) SUN. breakfast food available approx. 8:30-10:30 am. 1st presentation 10 am.