THURSDAY 1:30-1:45 pm  
Jonathan Nez, MPA (Navajo/Diné):  
Introductory remarks and community public health context: “Awakening of a New Dawn”

THURSDAY 1:45-2:10 pm  
Scott Jurek, MS:  
Beyond Disease Prevention: The Power of Plants for Athletic Performance

THURSDAY 2:10-2:40 pm  
Lyle Etsitty, BS CHW (Navajo/Diné):  
A Case Study of a Native American Plant-based Journey to Health: Lessons Learned

THURSDAY 2:40-3:20 pm  
Debbie Petitpain, RDN MS LDN:  
Beyond “All You Have To Do Is Change Everything”.... Behavior Change Strategies That Work

THURSDAY 3:40-4:10 pm  
Mladen Golubic, MD PhD:  
Focus Lecture: “Nutrition, Physical Activity, Stress Relief: Lifestyle Self-care Practices Can Help Both Practitioners and Patients Ward Off Obesity, Chronic Inflammation and Diseases such as Cancer”

THURSDAY 4:10-4:50 pm  
Round Table: “Walking the Walk: How Practitioners Can Empower Patients through Their Example, toward Optimal Diet and Disease Prevention”  
Chair: Brenda Davis, RD; Joanne Evans, RN MEd PMHCNS-BC; Mladen Golubic, MD PhD;

THURSDAY 4:50-5:35 pm  
Mariana Stern, PhD:  
Current Research about Cancer Risk of Latina Women, in the Context of the Diversity of Latina/Latino Populations in the U.S.

THURSDAY 6:45-7:25 pm  
Saray Stancic, MD FACN:  
Potential for Lifestyle Medicine and Plant-based Nutrition to Address Auto-immune Diseases

THURSDAY 7:25-8:20 pm: P-POD'S 1ST ANNUAL DENIS BURKITT MEMORIAL LECTURE  
T. Colin Campbell, PhD:  
Returning to Traditional Foods, to Overcome Chronic Disease
FRIDAY prior to 8:35 am [fitness/yoga/running/walking activities of some kinds to be arranged, in conjunction with the speakers for our nutrition / physical-activity synergy round table.... access to gym and shower facilities is available for a small fee charged by the university]    We are currently seeking to hold a campus run as part of Friday early-morning activities.
FRIDAY 7:30-8:35 am [basic oat/fruit/nut type breakfast foods provided on-site, remaining available later in the conference hall]

FRIDAY MORNING PLENARY SESSION, 8:35 am - 12:10 pm (3.5 hours plus 5 minutes)

FRIDAY 8:35-9:20 am
Meghan Jardine, RDN MS MBA CDE LDN; and
Caroline Trapp, DNP APN-BC CDE FAANP:
Addictivity and Chronic Disease Risk Linked to Cheese: The Latest Research on a Commodity Food Staple

FRIDAY 9:20-10:25 am: Focus Lecture and Round Table on “Nutrition, Lifestyle and the Brain”....

(1) FRIDAY 9:20-9:45 am
Timothy Radak, RDN DrPH MPH:
Focus Lecture: “Fish and Fish Oil Supplements.... Review of Health Effects and Concerns in Chronic Disease”

(2) FRIDAY 9:45-10:25 am
Round Table on “Cognitive Decline and Emotional Disorders”
Chair: Joanne Evans, RN MEd PMHCNS-BC:
John Pierre:
Timothy Radak, RDN DrPH MPH:

FRIDAY 10:25-10:40 am [break]

FRIDAY 10:40-11:25 am
Milton Mills, MD:
Diet and Lifestyle Changes to Prevent, Treat and Reverse Diabetes: The Physiologic and Genetic Mechanisms in the Development of Type 1 and Type 2 Diabetes

FRIDAY 11:25 am - 12:10 pm
Lois Ellen Frank, PhD (Kiowa):
Seeds of Health: Reclaiming Native American Plant-based Foods "before Diabetes", for Contemporary Health and Wellness

FRIDAY 12:10-12:25 pm [stretching or campus stroll opportunity before luncheon]
FRIDAY 12:10 [luncheon food service available to begin]
FRIDAY 12:25-12:35 pm: Please gather luncheon food and get seated in your chosen A, B, C or D room.

FRIDAY “WORKING LUNCH” BREAKOUT SESSION, 12:35-1:50 pm (1.25 hours)
LUNCHEON MENU IS COMPOSED OF TRADITIONAL INDIGENOUS PLANT-BASED FOODS OF THE REGION.

FRIDAY 12:35-1:50 pm, LUNCHEON BREAKOUT CHOICE A
Presentation plus Interactive Discussion: “Navajo Nutrition Panel on the Power Plate for Nutrition Education”
Moderator: Caroline Trapp, DNP APN-BC CDE FAANP:
Margilene Barney, Dietary Manager and Diabetes Prevention Assistant Certification (Navajo/Diné):
Yolanda Ellis-Bileen, Dietary Manager and Diabetes Prevention Assistant Certification (Navajo/Diné):
Lena Guerito, Dietary Manager and Diabetes Prevention Assistant Certification (Navajo/Diné):

FRIDAY 12:35-1:50 pm, LUNCHEON BREAKOUT CHOICE B
Focus Lecture and Round Table with Interactive Discussion on: “Behavior Change”....
(1) FRIDAY 12:35-12:50 pm, Focus Lecture: “Childhood Obesity and the Need to Transform Our Communities”
Rita Condon, BS:
(2) FRIDAY 12:50-1:50 pm, Round Table: “Strategies for Promoting Patient Behavior Change toward Improved Personal and Global Health”
Chair: Micaela Karlson, MSPH
Rita Condon, BS
Amanda Hatherly, MS
Timothy Radak, RDN DrPH MPH
Nancy Rodriguez, RN CDE BSN

FRIDAY 12:35-1:50 pm, LUNCHEON BREAKOUT CHOICE C
Round Table with Interactive Discussion on Integrative and Lifestyle Medicine:
Chair: Monique Richard, RDN MS LDN
Mladen Golubic, MD PhD
Parul Kharod, RDN MS LDN

FRIDAY 12:35-1:50 pm, LUNCHEON BREAKOUT CHOICE D
Focus Lecture and Round Table with Interactive Discussion on: “The Nutrition / Exercise Alliance”....
(1) FRIDAY 12:35-12:50 pm, Focus Lecture: “Exercise and Diabetes: Efforts Taken to Regain Health within the Seneca Nation”
Andrea John, BS NSCA-CPT (Seneca)
(2) FRIDAY 12:50-1:50 pm, Round Table with Interactive Discussion: “Synergistic Effects of Physical Activity and Plant-based Nutrition in Chronic Disease Prevention”
Chair: Matt Ruscigno, RDN MPH
Andrea John, BS NSCA-CPT (Seneca)
Scott Jurek, MS
John Pierre

FRIDAY AFTERNOON PLENARY SESSION, 2:00-5:55 pm (4 hours minus 5 minutes)
FRIDAY 2:00-2:35 pm: PART ONE of (continued Saturday morning).... Focus Lectures and Round Table on “The Health of Underserved and Vulnerable Populations”....

(1) FRIDAY 2:00-2:20 pm
Jennifer Rooke, MD MPH FACOEM FACPM
Focus Lecture: “Using Lifestyle Medicine against Cardiovascular Disease in an Atlanta Urban Population”

(2) FRIDAY 2:20-2:35 pm
Nancy Rodriguez, RN CDE BSN
Focus Lecture: “Working with the Entire Latino Family Unit to Help Prevent or Reverse Diabetes through Plant-based Nutrition”

FRIDAY 2:35-3:10 pm
Caroline Trapp, DNP APN-BC CDE FAANP:
Take the Test; Know Your Score.... A “Food For Life” Tool to Assess Diet Quality and Diabetes Risk

FRIDAY 3:10-3:55 pm
Meghan Jardine, RDN MS MBA CDE LDN:
The Microbiota’s Role in Obesity and Diabetes.... It Calls for a Nutrition Prescription!

FRIDAY 3:55-4:20 pm [P-POD group photo, and break]
FRIDAY 4:20-4:50 pm
Robert Ostfeld, MD MSc FACC:
Lecture Part 1: “Cutting Edge Research.... Confessions of a Reformed Cardiologist”

FRIDAY 4:50-5:55 pm: Focus Lecture and Round Table on “How Clinicians Make It Work”....

(1) FRIDAY 4:50-5:05 pm
Robert Ostfeld, MD MSc FACC:
Focus Lecture: “Plant-based Nutrition in Day to Day Clinical Practice”
FRIDAY 5:05-5:55 pm
Clinicians' Round Table on “Responding to Patients Who Have Active Disease”
Chair: Debbie Petitpain, RDN MS:
Michael Klaper, MD:
Baxter Montgomery, MD FACC:
Robert Ostfeld, MD MSc FACC:
Saray Stancic, MD FACN:

FRIDAY 5:55-7:10 pm [dinner in lecture hall]
FRIDAY after 7:10 pm [on-site reception, performance and party throughout evening]

SATURDAY prior to 8:35 am [fitness/yoga/running/walking activities of some kinds to be arranged, in conjunction with the speakers for our nutrition / physical-activity synergy round table.... access to gym and shower facilities is available for a small fee charged by the university] We are currently scheduling here a BOOt CAMP with John Pierre!
SATURDAY 7:30-8:35 am [basic oat/fruit/nut type breakfast foods to be provided on-site, remaining available later in the conference hall]

SATURDAY MORNING PLENARY SESSION, 8:35-12:35 am (4 hours)
SATURDAY 8:35-9:15 am: PART TWO (continued from Friday afternoon) of…. Focus Lectures and Round Table on “The Health of Underserved and Vulnerable Populations”....
Round Table on “Providing Clinical Advice and Care for Underserved and Vulnerable Populations: Understanding Political, Social and Economic Obstacles”
Chair: Hope Ferdowsian, MD MPH FACP FACPM:
Andrea John, BS NSCA-CPT (Seneca):
Nancy Rodriguez, RN CDE BSN:
Jennifer Rooke, MD MPH FACOEM FACPM:

SATURDAY 9:15-10:00 am
Baxter Montgomery, MD FACC:
A Prescription for Change.... Interventional Nutrition vs. Chronic Diseases and Inflammation

SATURDAY 10:00-10:45 am
Michael Klaper, MD:
Leaky Gut, Probiotics and Implications for Chronic and Auto-immune Disease

SATURDAY 11:00-11:50 am
Brenda Davis, RD:
Nutritional Reversal of Diabetes in the Marshall Islands and Potentially Worldwide

SATURDAY 11:50 am - 12:35 pm
Round Table on “Where Do We Go from Here?.... Prevention, Practice and Policy”
Chair: Kathy Pollard, MS:
Lyle Etsitty, BS CHW (Navajo/Diné):
Hope Ferdowsian, MD MPH FACP FACPM:
Matt Ruscigno, RDN MPH:
Caroline Trapp, DNP APN-BC CDE FAANP:

SATURDAY 12:35 pm onward [luncheon may be enjoyed until 2:20 pm, so we invite you to take a stretch/stroll break first]
SATURDAY 12:35-2:20 pm [Farewell Luncheon]

SATURDAY 2:30 pm through Sunday [optional off-site P-POD recreation/retreat/exploration/festival time.... opportunities in Santa Fe]

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