

SYMPOSIUM SCHEDULE

Monday, May 18

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
6:30 AM-7:30 AM	AM FITNESS: 100% Results With a Circus Twist	Joel Harper, personal trainer	Trinidad Garden
7:30 AM-8:30 AM	BREAKFAST	Rabiya Bower, RD, LD	Trinidad Pavilion
8:45 AM-10:15 AM (1.5 credits)	More Than One Path to a Lower Risk of Heart Disease and Cancer <i>An Up-Close Look at Mediterranean, DASH, Nordic & Other Eating Patterns</i>	Karen Collins, MS, RDN, CDN, FAND	Trinidad 1
10:15 AM-11:15 AM	BREAK/BOOK AND PRODUCT SHOWCASE		Trinidad Pavilion
11:15 AM-12:15 PM (1 credit)	Diabetes and Weight Loss <i>Special Considerations for Your Patients</i>	Jill Weisenberger, MS, RDN, CDE, FAND	Trinidad 1
	Who Feeds America? <i>An Examination of the Condition of the Food Labor System</i>	Sharon Palmer, RDN	Trinidad 2
	Today's Athletes <i>What Does Consumer Marketing Tell RDs About Their Clients?</i>	Jenna A. Bell, PhD, RD	Trinidad 3
12:15 PM-1:45 PM	KEYNOTE LUNCHEON	Summer Sanders	Trinidad Pavilion
1:45 PM-3:15 PM (1.5 credits)	Food and Beverage Pairings <i>A Chef's Approach for RDs</i>	Kyle Shadix, CRC, MS, RD, FAND	Trinidad 1
	Get Hired, Get Promoted <i>10 Steps to Creating a Powerful Personal Brand</i>	Robin Plotkin, RD, LD	Trinidad 2
	Man-Eater! <i>The Dietary Needs of Performance-Driven Men</i>	David Grotto, MS, RDN, LDN	Trinidad 3
3:15 PM-4:15 PM	BREAK/BOOK AND PRODUCT SHOWCASE		Trinidad Pavilion
4:15 PM-5:45 PM (1.5 credits)	Dietary Fats <i>Which Ones Belong on the Table</i>	Jill Weisenberger, MS, RDN, CDE, FAND	Trinidad 1
	The Supermarket Solution <i>Promoting Nutrition in the Aisles</i>	Barbara Ruhs, MS, RD, LDN	Trinidad 2
	From Practice to the Page (Part 1) <i>Translating Your Expertise Into Articles, Blogs and Books</i>	Constance Brown-Riggs, MEd, RD, CDE, CDN, and Tamara Jeffries, MFA	Trinidad 3

Tuesday, May 19

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
6:30 AM-7:30 AM	AM FITNESS: Hatha Yoga	Silke Ullmann, MPH, RD, RYT	Trinidad Garden
7:30 AM-8:30 AM	GRAB-&-GO BREAKFAST		Trinidad Garden
8:45 AM-10:15 AM (1.5 credits)	The Biggest Loser Unplugged <i>The RD Behind the Camera</i>	Cheryl Forberg, RD	Trinidad 1
10:15 AM-11:15 AM	BREAK/BOOK AND PRODUCT SHOWCASE		Trinidad Pavilion
11:15 AM-12:15 PM (1 credit)	Information Overload! <i>Helping Patients Distinguish Evidence-Based vs Anecdotal Nutrition Strategies</i>	Karen Collins, MS, RDN, CDN, FAND	Trinidad 1
	When You Wish Upon A Star <i>Proven Strategies You Can Use to Turn Your Career Dreams Into Reality</i>	Becky Dorner, RDN, LD, FAND	Trinidad 2
12:15 PM-1:45 PM	LUNCH		Trinidad Pavilion
1:45 PM-3:15 PM (1.5 credits)	Expanding Your Repertoire <i>Culinary Techniques Every RD Should Master</i>	Toby Amidor, MS, RD, CDN	Trinidad 1
	Social Media in Dietetics Practice <i>Ethical and Legal Considerations</i>	Neva Cochran, MS, RDN, LD, FAND	Trinidad 2
	Healthy, Happy, Hundred <i>Healthy Aging Strategies for Boomers and Beyond</i>	Becky Dorner, RDN, LD, FAND	Trinidad 3
3:15 PM-4:15 PM	BREAK/BOOK AND PRODUCT SHOWCASE		Trinidad Pavilion
4:15 PM-5:45 PM (1.5 credits)	Taking Nutrition Back to the Kitchen <i>Mastering the Cooking Demonstration</i>	Katie Cavuto, MS, RDN, Chef	Trinidad 1
	Influencing Change <i>How to Borrow Strategies from Industry and Media</i>	Jenna A. Bell, PhD, RD	Trinidad 2
	From Practice to the Page (Part 2) <i>Translating Your Expertise Into Articles, Blogs and Books</i>	Constance Brown-Riggs, MSEd, RD, CDE, CDN, and Tamara Jeffries, MFA	Trinidad 3

Wednesday, May 20

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
7:30 AM-9:00 AM (1.5 credits)	CONVERSATIONAL BREAKFAST <i>GMO Panel</i>	Panel of presenters	Trinidad Pavilion
9:15 AM-10:45 AM (1.5 credits)	Dietary Targeting of Inflammation <i>Modification of Cancer Risk</i>	Cynthia Thomson, PhD, RD, FAND, FTOS	Trinidad 1
	Looking at Nutrient Analysis Through a Culinary Lens <i>Recipe Development Strategies for Registered Dietitians</i>	Dana Angelo White, MS, RD, ATC	Trinidad 2
11:00 AM-12:30 PM (1.5 credits)	Meeting the Nutritional Needs of the Plant-Based Family <i>Key Considerations from Childhood Through the Golden Years</i>	Sharon Palmer, RDN	Trinidad 1

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