

SYMPOSIUM SCHEDULE*

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for Session
Descriptions



Sunday, May 19

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
1:30 PM – 3:00 PM (1.5 credits)	Diabetes Panel <i>A Unique Partnership Provides Diabetes Self-Management Education</i>	Caroline Blanco, MS, RDN, LDN; Bridgette Stasher-Booker, PhD, RHIA, CHTS-IM; Evelyn Crayton, EdD, RDN, LD, FAND; and Anthony Pinkston, MEd	Regency B
3:15 PM – 4:15 PM (1.0 credit)	The Plant-Based Paradox <i>Can You Be an Omnivore With No Dilemma?</i>	Keith Ayoob, EdD, RDN, FAND, CDN, and Nicole Rodriguez, RDN	Regency B
4:30 PM – 5:30 PM (1.0 credit)	Semaglutide for Weight Loss <i>The RDN's Role</i>	Su-Nui Escobar, DCN, RDN, FAND	Regency B

Monday, May 20

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
6:30 AM – 7:30 AM	Morning Fitness – Walk/Run		Hotel Lobby
8:00 AM – 9:15 AM	Breakfast Presentations		Regency B, Regency C/D**
9:45 AM – 10:45 AM (1.0 credit)	The Power of Traditional Foods <i>Using Heritage Diets to Engage Clients and Improve Health Outcomes</i>	Adante Hart, MPH, RDN	Regency B
	A Deep-Dive Into Gen Z <i>How Nutrition Myths in Media and Marketing Uniquely Affect This Consumer Demographic</i>	Jaclyn London, MS, RDN, CDN	Regency C/D
11:00 AM – 12:00 PM (1.0 credit)	Culinary Nutrition Therapy <i>More Than a Cooking Demo</i>	Melanya Kushla, MS, RDN, LDN, CHES	Regency B
	Nutritional Strength Training for Muscle Health and Sarcopenia Prevention	Kathie Swift, MS, RDN, LDN, FAND, EBQ	Regency C/D
12:30 PM – 1:45 PM	Lunch Presentations		Regency B, Regency C/D**
1:45 PM – 3:45 PM	Exhibit Hall		Regency A
3:45 PM – 4:45 PM (1.0 credit)	Time-Restricted Eating <i>Considerations for Females</i>	Diane Vizthum, MS, RDN, CSSD, LDN	Regency B
	RDs in Concierge Medicine	Stacy Kennedy, MPH, RDN, CSO, LDN	Regency C/D
4:45 PM – 5:30 PM	Mixer – Mocktail Monday		Sundance Terrace

Tuesday, May 21

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
6:30 AM – 7:30 AM	Morning Fitness – Yoga		Sundance Terrace
8:00 AM – 9:15 AM (1.0 credit)	Breakfast Presentations		Regency B, Regency C/D**
9:45 AM – 11:15 AM (1.5 credits)	Key Ingredients for the Nutrition Entrepreneur <i>Building a Recipe for Business Success</i>	Lauren Harris-Pincus, MS, RDN, and Allan Pincus, BS, MS	Regency B
	Mind-Body Medicine for Improved Professional and Personal Outcomes	Theresa Stahl, RDN, LDN, FAND, and Becky Wojcik, MA, RDN, LDN, RYT	Regency C/D
11:15 AM – 1:15 PM	Exhibit Hall		Regency A
1:15 PM – 2:30 PM	Lunch Presentations		Regency B, Regency C/D**
3:00 PM – 4:00 PM (1.0 credit)	Hot Planet: Dietitians Lead the Way to Climate-Friendly Eating	Kate Geagan, MS, RD	Regency B
	The Role of Registered Dietitians in the Emerging Field of Lifestyle Medicine	Kayli Anderson, MS, RDN, DipACLM, ACSM-EP, and Paulina Shetty, MS, RDN, CPT, DipACLM	Regency C/D
4:15 PM – 5:15 PM (1.0 credit)	Disrupting the Status Quo <i>Integrating Accessible, Affordable, & Healthy Foods Into the Everyday Shopping Experience</i>	Emily Massi, RDN, LDN	Regency B
	A Play by Play <i>Counseling and Strategies to Help Adolescent Athletes Properly Fuel for Health, Growth, Development, and Performance</i>	Heather Mangieri, MS, RDN, CSSD, LDN	Regency C/D
5:30 PM – 7:00 PM	Evening Social		Sundance Terrace

Wednesday, May 22

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
8:00 AM – 9:15 AM	Breakfast on your own		
9:45 AM – 10:45 AM (1.0 credit)	Building Brain Resilience With Cultural Foods	Maggie Moon, MS, RDN	Regency B
10:50 AM – 12:20 PM (1.5 credits)	WORKSHOP Just Give It a Try <i>Culinary Nutrition for Communities</i>	Ashley Carter, MS, RDN, LDN, and Jasmine Westbrooks, MS, RDN, LDN, CDCES	Regency B
12:25 PM – 1:25 PM (1.0 credit)	Ask the Expert	Toby Amidor, MS, RDN, CDN, FAND	Regency B

* All times shown are Mountain Daylight Time. Presenters, and agenda timing, and credit count are subject to change.

** Check your meal presentation tickets for your location.