

# 25th Annual Nutrition and Wellness in Health and Disease 2025

September 18-20, 2025

Palm Springs, CA LIVE & LIVESTREAM – Pacific Time

Thursday, September 18th, 2025	
12:00 p.m.	Registration
1:00 p.m.	<b>Introduction and Course Overview</b> Meera Shah, M.B., Ch.B.
1:10 p.m.	<b>Starting the Conversation on Obesity</b> Dan Hurley, M.D.
1:35 p.m.	<b>Starting the Conversation: Dietitian's Guide to Weight Loss Counselling</b> Tara M. Schmidt, M.Ed., RDN, LD
2:00 p.m.	<b>Starting the Conversation: Psychology</b> Karen Grothe, Ph.D., L.P.
2:25 p.m.	Panel Discussion
2:45 p.m.	Refreshment Break & Exhibitors
3:05 p.m.	<b>Obesity Pharmacotherapy</b> Dan Hurley, M.D.
3:30 p.m.	<b>Pediatric Obesity</b> Seema Kumar, M.D.
3:55 p.m.	<b>The Role of Bariatric Surgery in the Era of GLP-1 RA's</b> Todd A. Kellogg, M.D.
4:20 p.m.	Energy Burst
4:30 p.m.	<b>Endoscopic Approaches to Treating Obesity</b> Eric Vargas, M.D., M.S.
4:55 p.m.	<b>Post Bariatric Surgery Assessment for the Primary Care Provider</b> Julia Jurgensen, APRN, C.N.P., D.N.P.
5:20 p.m.	Panel Discussion
5:45 p.m.	Adjourn

Friday, September 19th, 2025	
7:00 a.m.	Registration and Breakfast with the Faculty
8:00 a.m.	<b>Day 2 Course Overview</b> Manpreet S. Mundi, M.D.
8:10 a.m.	<b>Beyond Metformin</b> Pankaj Shah, M.D.
8:35 a.m.	<b>Go Nuts!</b> Donald D. Hensrud, M.D.
9:00 a.m.	<b>Lipids: Practical Tips to Manage Patients to Goal</b> Stephen Kopecky, M.D.
9:25 a.m.	<b>Panel Discussion</b>
9:45a.m	Refreshment Break & Exhibitors
10:05 a.m.	<b>Peri-Operative Management of GLP-1</b> Pankaj Shah, M.D.
10:30 a.m.	<b>Peri-Operative Sleep</b> Kara Dupuy, M.D.
10:55 a.m.	<b>Meditation</b> Donald D. Hensrud, M.D.
11:20 a.m.	<b>Panel Discussion</b>
11:45 a.m.	PRODUCT THEATRE WITH LUNCH
1:00 p.m.	<b>Exercising Without a Gym</b> Amy Rabatin, M.D.
1:25 p.m.	<b>Cancer and Nutrition</b> Manpreet S. Mundi, M.D.
1:50 p.m.	Energy Burst
2:00 p.m.	<b>Eating Disorders and Weight Management</b> Leslie Sim, Ph.D., L.P.
2:25 p.m.	<b>TBD</b> Meera Shah, M.B., Ch.B.
2:50 p.m.	<b>Panel Discussion</b>
3:20 p.m.	Refreshment Break and Exhibitors
3:40 p.m.	<b>Trauma-Informed Care for Patients with Obesity</b> Karen Grothe, Ph.D., L.P.
4:05 p.m.	<b>One Plan, Many Plates: The Power of Cross-Utilization</b> with Chef Jennifer A. Welper
4:25 p.m.	<b>Nutrient-Rich, Budget-Smart: Closing the Gaps in the American Diet</b> with Chef Jennifer A. Welper and Tara M. Schmidt, M.Ed., RDN, LD

4:45 p.m.	<b>Panel Discussion</b>
5:05 p.m.	<b>Adjourn</b>

Saturday, September 20th, 2025	
7:00 a.m.	<b>Breakfast with the Faculty</b>
8:00 a.m.	<b>Day 3 Course Overview</b> M. Molly McMahon, M.D.
8:10 a.m.	<b>Proven Tactics to Prevent Primary &amp; Secondary CV Events</b> Stephen Kopecky, M.D.
8:35 a.m.	<b>Weight Gain in Midlife Women</b> Ekta Kapoor, M.B.B.S.
8:55 a.m.	<b>Culinary Bytes</b> with Chef Jennifer A. Welper
9:15 a.m.	<b>How to Sleep Better</b> Kara Dupuy, M.D.
9:40 a.m.	<b>Panel Discussion</b>
9:55 a.m.	<b>Refreshment Break and Exhibitors</b>
10:10 a.m.	<b>Chronic Pain and Nutrition</b> Chelsey Hoffmann, PA-C, RD
10:35 a.m.	<b>CKD and Obesity</b> Aleksandra Kukla, M.D.
11:00 a.m.	<b>Growing Up Digital: Social Media and Children</b> Seema Kumar, M.D.
11:25 a.m.	<b>Nutrition and Wellness, Year in Review</b> Warren G. Thompson, M.D.
11:50 p.m.	<b>Panel Discussion</b>
12:05 p.m.	<b>Adjourn</b>