

**21<sup>st</sup> Annual Nutrition and Wellness in Health and Disease**  
***Applying Nutrition and Lifestyle to Your Patients***  
**September 20-21, 2021**

**Program Schedule - CT (Central Time Zone)**

<b>Monday, September 20, 2021</b>	
8:00 a.m.	Introduction and Course Overview <i>M. Molly McMahon, M.D.</i>
8:10 a.m.	2019 Top Articles in Nutrition and Wellness <i>Warren G. Thompson, M.D.</i>
8:40 a.m.	Wellness and Nutrition in Pregnancy <i>Tara M. Schmidt, RDN, LD</i>
9:10 a.m.	Meals on a Budget <i>Kristen R. Blixt, RDN, LD</i>
9:40 a.m.	What's the Beef with Meat? <i>Donald D. Hensrud, M.D., M.S.</i>
<b>10:10 a.m.</b>	<b>Break</b>
10:30 a.m.	Physician Health <i>Philip T. Hagen, M.D.</i>
11:00 a.m.	Tools and Tracking: Apps, Devices, and Websites <i>Thomas (Thom) M. Rieck</i>
11:30 a.m.	Impact of Social Media and Screen Time in Children <i>Seema Kumar, M.D.</i>
<b>12:00 p.m.</b>	<b>Lunch</b>
1:00 p.m.	Nutrition and Cancer: Questions our Patients are Asking <i>Aminah Jatoj, M.D.</i>
1:30 p.m.	Nutrition and Hematology <i>Thomas E. Witzig, M.D.</i>
2:00 p.m.	Diabetes <i>Vinaya Simha, M.B.B.S., M.D.</i>
2:30 p.m.	Update on Vitamin D <i>Kurt A. Kennel, M.D.</i>
<b>3:00 p.m.</b>	<b>Break</b>
3:15 p.m.	Physical Activity and Cognition <i>Warren G. Thompson, M.D.</i>
3:45 p.m.	Coaching in Your Office <i>Katie A. Bernard, M.S., NBC-HWC</i>
4:15 p.m.	Developing New Habits: Improving Health One Small Step at a Time <i>Adam I. Perlman, M.D.</i>
<b>4:45 p.m.</b>	<b>Adjourn</b>

**21<sup>st</sup> Annual Nutrition and Wellness in Health and Disease**  
***Applying Nutrition and Lifestyle to Your Patients***  
**September 20-21, 2021**

**Program Schedule**

<b>Tuesday, September 21, 2021</b>	
8:00 a.m.	Day 2 Course Overview <i>M. Molly McMahon, M.D.</i>
8:10 a.m.	Cardiovascular Health <i>Stephen L. Kopecky, M.D.</i>
8:40 a.m.	Heart Healthy Diet <i>Kristen R. Blixt, RDN, LD</i>
9:10 a.m.	Successful Aging or How To Be Like A Famous 40 Something Quarterback <i>Michael J. Joyner, M.D.</i>
9:40 a.m.	Planetary Health <i>Jorge F. Trejo Gutierrez, M.D.</i>
<b>10:10 a.m.</b>	<b>Break</b>
10:30 a.m.	Covid-19 and the Impact of Obesity <i>Manpreet S. Mundi, M.D.</i>
11:00 a.m.	Start the Conversation about Obesity: How to Approach Obesity in the Office Visit <i>Meera Shah, M.B., Ch.B.</i>
11:30 a.m.	Start the Conversation about Diet <i>Tara M. Schmidt, RDN, LD</i>
<b>12:00 p.m.</b>	<b>Lunch</b>
1:00 p.m.	Gut Health: Emerging Evidence on the Impact of the GI Tract on Health and Disease <i>Adam I. Perlman, M.D.</i>
1:30 p.m.	Medications for Weight Loss <i>Meera Shah, M.B., Ch.B.</i>
2:00 p.m.	Physical Activity in Obesity, How to Get Started <i>Thomas (Thom) M. Rieck</i>
2:30 p.m.	Top 3 Psychologically Challenging Patients <i>Karen Grothe, Ph.D., L.P.</i>
<b>3:00 p.m.</b>	<b>Break</b>
3:15 p.m.	Bariatric Surgery <i>Todd A. Kellogg, M.D.</i>
3:45 p.m.	Endoscopic Surgery for Weight Loss <i>Andrew C. Storm, M.D.</i>
4:15 p.m.	Follow Up After Bariatric Surgery <i>Manpreet S. Mundi, M.D.</i>
<b>4:45 p.m.</b>	<b>Adjourn</b>