

# 24th Annual Nutrition and Wellness in Health and Disease 2024

September 29-October 1, 2024  
Nashville, TN LIVE & LIVESTREAM

Sunday, September 29th, 2024	
12:00 p.m.	<b>Registration</b>
1:00 p.m.	<b>Introduction and Course Overview</b> Meera Shah, M.B., Ch.B.
1:10 p.m.	<b>Approach to Obesity</b> Maria L. Collazo Clavell, M.D.
1:35 p.m.	<b>Dietitian's Guide to Weight Loss Counselling</b> Tara M. Schmidt, M.Ed., RDN, LD
2:00 p.m.	<b>Clinical Pearls for the Use of Anti-Obesity Medications</b> Manpreet S. Mundi, M.D.
2:25 p.m.	<b>Panel Discussion</b> Maria L. Collazo Clavell, M.D., Tara M. Schmidt, M.Ed., RDN, LD, and Manpreet S. Mundi, M.D.
2:45 p.m.	<b>Refreshment Break &amp; Exhibitors</b>
3:05 p.m.	<b>Understanding Body Composition</b> Manpreet S. Mundi, M.D.
3:30 p.m.	<b>Pediatric Obesity</b> Seema Kumar, M.D.
3:55 p.m.	<b>Psychology of Weight Management</b> Karen Grothe, Ph.D., L.P.
4:20 p.m.	<b>Energy Burst</b>
4:30 p.m.	<b>Endoscopic Approaches to Treating Obesity</b> Andrew C. Storm, M.D.
4:55 p.m.	<b>Bariatric Surgery Case Studies</b> Todd A. Kellogg, M.D.
5:20 p.m.	<b>Panel Discussion</b> Manpreet S. Mundi, M.D. Seema Kumar, M.D. Karen Grothe, Ph.D., L.D., Andrew C. Storm, M.D. and Todd A. Kellogg, M.D.
5:45 p.m.	<b>Adjourn</b>

**Monday, September 30th, 2024**

<b>7:00 a.m.</b>	<b>Registration and Breakfast with the Faculty</b>
8:00 a.m.	<b>Day 2 Course Overview</b> Manpreet S. Mundi, M.D.
8:10 a.m.	<b>Managing Diabetes in the Community</b> Amy J. Koenigs, APRN, C.N.P., M.S.
8:35 a.m.	<b>Sleep and Obesity</b> Kara L. Dupuy-McCauley, M.D.
9:00 a.m.	<b>Hypertension</b> Stephen Kopecky, M.D.
9:25 a.m.	<b>Panel Discussion</b> Amy J. Koenigs, APRN, C.N.P., M.S., Kara L. Dupuy-McCauley, M.D., and Stephen Kopecky, M.D.
<b>9:45a.m</b>	<b>Refreshment Break &amp; Exhibitors</b>
10:05 a.m.	<b>Promoting Wellness in Children</b> Seema Kumar, M.D. and Amit Sood, M.D., M.Sc.
10:30 a.m.	<b>Cases in Wellness in Men's Health</b> Spencer Bershaw, M.D.
10:55 a.m.	<b>Cases in Preventive Medicine</b> Donald D. Hensrud, M.D.
11:20 a.m.	<b>Panel Discussion</b> Seema Kumar, M.D., Amit Sood, M.D., M.Sc., Spencer Bershaw, M.D. and Donald D. Hensrud, M.D.
<b>11:45 a.m.</b>	<b>PRODUCT THEATRE WITH LUNCH</b>
1:00 p.m.	<b>Getting your Patients to Move</b> Joshua M. Romero, M.D.
1:25 p.m.	<b>Culturally Competent Nutrition Counselling</b> Meera Shah, M.B., Ch.B.
1:50 p.m.	<b>Energy Burst</b>
2:00 p.m.	<b>Food Addiction</b> Afton Koball, Ph.D., L.P.
2:25 p.m.	<b>Post-Bariatric Surgery Assessment for the Primary Care Provider</b> Maria L. Collazo-Clavell, M.D.
2:50 p.m.	<b>Panel Discussion</b> Joshua M. Romero, M.D., Meera Shah, M.B., Ch.B., Afton Koball, Ph.D., L.P., and Maria L. Collazo-Clavell, M.D.
<b>3:20 p.m.</b>	<b>Refreshment Break and Exhibitors</b>
3:40 p.m.	<b>Practical Tips to Promote Behavior Change for the Non-Psychologist</b> Karen Grothe, Ph.D., L.P.
4:05 p.m.	Culinary Bytes with Chef Jennifer A. Welper
4:25 p.m.	Practical Ways to Eat a Mediterranean Style Diet with Chef Jennifer A. Welper and Tara M. Schmidt, M.Ed., RDN, LD

4:45 p.m.	<b>Panel Discussion</b> Karen Grothe, Ph.D., L.P., Chef Jennifer A. Welper, and Tara M. Schmidt, M.Ed., RDN, LD
5:05 p.m.	<b>Adjourn</b>

Tuesday, October 1st, 2024	
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>Preventive Cardiology</b> Stephen Kopecky, M.D.
8:35 a.m.	<b>MASLD and MASH</b> Blanca C. Lizaola-Mayo, M.D.
8:55 a.m.	Culinary Bytes with Chef Jennifer A. Welper
9:20 a.m.	<b>Lipids for the Busy Clinician</b> Gisella Carranza-Leon, M.D.
9:45 a.m.	<b>Panel Discussion</b> Stephen Kopecky, M.D., Blanca C. Lizaola-Mayo, M.D., Chef Jennifer A. Welper, and Gisella Carranza-Leon, M.D.
10:00 a.m.	<b>Refreshment Break and Exhibitors</b>
10:15 a.m.	<b>Magnesium</b> M. Molly McMahon, M.D.
10:40 a.m.	<b>Updates in Preventive Medicine</b> Donald D. Hensrud, M.D.
11:05 a.m.	<b>Adapting Nutrition Guidelines for the Family</b> Combined session Chef Jennifer A. Welper and Tara M. Schmidt, M.Ed., RDN, LD
11:30 a.m.	<b>Nutrition and Wellness, Year in Review</b> Warren G. Thompson, M.D.
11:50 p.m.	<b>Panel Discussion</b> M. Molly McMahon, M.D., Donald D. Hensrud, M.D., Chef Jennifer A. Welper, Tara M. Schmidt, M.Ed., RDN, LD, and Warren G. Thompson, M.D.
12:05 p.m.	<b>Adjourn</b>