

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

Monday, September 30th, 2024

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

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

Tuesday, October 1st, 2024	
7:00 a.m.	Breakfast with the Faculty
8:00 a.m.	Day 3 Course Overview M. Molly McMahon, M.D.
8:10 a.m.	Preventive Cardiology Stephen Kopecky, M.D.
8:35 a.m.	MASLD and MASH Blanca C. Lizaola-Mayo, M.D.
8:55 a.m.	Culinary Bytes with Chef Jennifer A. Welper
9:20 a.m.	Lipids for the Busy Clinician Gisella Carranza-Leon, M.D.
9:45 a.m.	Panel Discussion Stephen Kopecky, M.D., Blanca C. Lizaola-Mayo, M.D., Chef Jennifer A. Welper, and Gisella Carranza-Leon, M.D.
10:00 a.m.	Refreshment Break and Exhibitors
10:15 a.m.	Magnesium M. Molly McMahon, M.D.
10:40 a.m.	Updates in Preventive Medicine Donald D. Hensrud, M.D.
11:05 a.m.	Practical Ways to Eat Mediterranean Combined session Chef Jennifer A. Welper and Tara M. Schmidt, M.Ed., RDN, LD
11:30 a.m.	Nutrition and Wellness, Year in Review Warren G. Thompson, M.D.
11:50 p.m.	Panel Discussion 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.	Adjourn