

25th Annual Nutrition and Wellness in Health and Disease 2025

September 18-20, 2025
Palm Springs, CA LIVE & LIVESTREAM

Thursday, September 18th, 2025	
12:00 p.m.	Registration
1:00 p.m.	Introduction and Course Overview Meera Shah, M.B., Ch.B.
1:10 p.m.	Starting the Conversation on Obesity Dan Hurley, M.D.
1:35 p.m.	Starting the Conversation: Dietitian's Guide to Weight Loss Counselling Tara M. Schmidt, M.Ed., RDN, LD
2:00 p.m.	Starting the Conversation: Psychology Karen Grothe, Ph.D., L.P.
2:25 p.m.	Panel Discussion
2:45 p.m.	Refreshment Break & Exhibitors
3:05 p.m.	Obesity Pharmacotherapy Dan Hurley, M.D.
3:30 p.m.	Pediatric Obesity Seema Kumar, M.D.
3:55 p.m.	Bariatric Surgery Complications Todd A. Kellogg, M.D.
4:20 p.m.	Energy Burst
4:30 p.m.	Endoscopic Approaches to Treating Obesity Eric Vargas, M.D., M.S.
4:55 p.m.	Post Bariatric Surgery Assessment for the Primary Care Provider 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.	Day 2 Course Overview Manpreet S. Mundi, M.D.
8:10 a.m.	Beyond Metformin Pankaj Shah, M.D.
8:35 a.m.	TBD Donald D. Hensrud, M.D.
9:00 a.m.	Lipids: Practical Tips to Manage Patients to Goal Stephen Kopecky, M.D.
9:25 a.m.	Panel Discussion
9:45a.m	Refreshment Break & Exhibitors
10:05 a.m.	Peri-Operative Management of GLP-1 Pankaj Shah, M.D.
10:30 a.m.	Peri-Operative Sleep Kara Dupuy, M.D.
10:55 a.m.	Meditation Donald D. Hensrud, M.D.
11:20 a.m.	Panel Discussion
11:45 a.m.	PRODUCT THEATRE WITH LUNCH
1:00 p.m.	Exercising Without a Gym Amy Rabatin, M.D.
1:25 p.m.	Cancer and Nutrition Manpreet S. Mundi, M.D.
1:50 p.m.	Energy Burst
2:00 p.m.	Eating Disorders and Weight Management Leslie Sim, Ph.D., L.P.
2:25 p.m.	Food Insecurity M. Molly McMahon, M.D.
2:50 p.m.	Panel Discussion
3:20 p.m.	Refreshment Break and Exhibitors
3:40 p.m.	TBD Karen Grothe, Ph.D., L.P.
4:05 p.m.	Culinary Bytes with Chef Jennifer A. Welper
4:25 p.m.	Culinary Bytes with Chef Jennifer A. Welper and Tara M. Schmidt, M.Ed., RDN, LD

4:45 p.m.	Panel Discussion
5:05 p.m.	Adjourn

Saturday, September 20th, 2025	
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.	Proven Tactics to Prevent Primary & Secondary CV Events Stephen Kopecky, M.D.
8:35 a.m.	CKD and Obesity Aleksandra Kukla, M.D.
8:55 a.m.	Culinary Bytes with Chef Jennifer A. Welper
9:20 a.m.	How to Sleep Better Kara Dupuy, M.D.
9:45 a.m.	Panel Discussion
10:00 a.m.	Refreshment Break and Exhibitors
10:15 a.m.	Chronic Pain and Nutrition Chelsey Hoffmann, PA-C, RD
10:40 a.m.	Weight Gain in Midlife Women Ekta Kapoor, M.B.B.S.
11:05 a.m.	TBD Seema Kumar, M.D.
11:30 a.m.	Nutrition and Wellness, Year in Review Warren G. Thompson, M.D.
11:50 p.m.	Panel Discussion
12:05 p.m.	Adjourn