

26th Annual Nutrition and Wellness in Health and Disease 2026

September 24-26, 2026
Austin, TX LIVE & LIVESTREAM

Thursday, September 24th, 2026	
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: Dietitian's Guide to Weight Loss Counselling Tara M. Schmidt, M.Ed., RDN, LD
1:35 p.m.	Starting the Conversation: Psychology Karen Grothe, Ph.D., L.P.
2:00 p.m.	Pediatric Obesity Seema Kumar, M.D. and Bridget Biggs, Ph.D.
2:25 p.m.	Panel Discussion
2:45 p.m.	Refreshment Break & Exhibitors
3:05 p.m.	Selecting Treatment for Weight Loss: A case-based discussion Moderated by Meera Shah, M.B., Ch.B. Kalpana Muthusamy, M.D., Todd Kellogg, M.D., and Eric Vargas, M.D.
4:00 p.m.	Energy Burst
4:05 p.m.	Lean Mass Changes with Weight Loss Medications Manpreet Mundi, M.D.
4:30 p.m.	Post Bariatric Surgery Assessment for the Primary Care Provider Julia Jurgensen, APRN, C.N.P., D.N.P.
4:55 p.m.	Panel Discussion
5:20 p.m.	Adjourn

Friday, September 25th, 2026

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.	The Thyroid and its Interaction with Nutrition and Wellness Marius Stan, M.D.
8:35 a.m.	Wholegrains and Fiber Donald D. Hensrud, M.D.
9:00 a.m.	Lipid management: clinical pearls Stephen Kopecky, M.D.
9:25 a.m.	Panel Discussion
9:45a.m	Refreshment Break & Exhibitors
10:05 a.m.	Dementia and Lifestyle Warren Thompson, M.D.
10:30 a.m.	Sleep Hygiene, or How to Sleep Better Kara Dupuy, M.D.
10:55 a.m.	Myths of Soy Laura Rhaney, M.D.
11:20 a.m.	Panel Discussion
11:45 a.m.	OPTIONAL (NON-CME) PRODUCT THEATER WITH LUNCH
1:00 p.m.	The Power of Mobility Amy Rabatin, M.D.
1:25 p.m.	Using Artificial Intelligence in Nutrition Jithin E. Varayil, M.D.
1:50 p.m.	Energy Burst
2:00 p.m.	Updates in Men's Health Tobias Kohler, M.D.
2:25 p.m.	Clinical Updates in Diabetes Kalpana Muthusamy, M.D.
2:50 p.m.	Panel Discussion
3:20 p.m.	Refreshment Break and Exhibitors
3:40 p.m.	Supporting Patients on GLP-1 Based Weight Loss Therapy Afton Koball, Ph.D., L.P.
4:05 p.m.	Culinary Bites with Chef Jennifer A. Welper and Tara Schmidt, M.Ed., RDN, LD Case-Based Conversation

4:25 p.m.	Longevity Clinic Sara Bonnes, M.D.
4:50 p.m.	Panel Discussion
5:05 p.m.	Adjourn

Saturday, September 26th, 2026	
7:00 a.m.	Breakfast with the Faculty
8:00 a.m.	Day 3 Course Overview Meera Shah, M.B., Ch.B.
8:05 a.m.	TBD Stephen Kopecky, M.D.
8:30 a.m.	Growing Up Digital: Social Media and Children Seema Kumar, M.D.
8:55 a.m.	TBD Kara Dupuy, M.D.
9:20 a.m.	TBD Amy Rabatin. M.D.
9:45 a.m.	Panel Discussion
10:05 a.m.	Refreshment Break and Exhibitors
10:25 a.m.	TBD Meera Shah, M.B., Ch.B.
10:50 a.m.	Updates in the Management of MASLD Blanca Lizaola-Mayo, M.D.
11:15 a.m.	Culinary Bites with Chef Jennifer A. Welper
11:35 a.m.	Nutrition and Wellness, Year in Review Warren G. Thompson, M.D.
12:00 p.m.	Panel Discussion
12:20 p.m.	Adjourn