

26th Annual Nutrition and Wellness in Health and Disease 2026

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

| Thursday, September 24 th , 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. |
| 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 Moderator: Meera Shah, MBChB Kalpana Muthusamy, M.D.; Todd Kellogg, M.D.; 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 |
| 5:15 p.m. | Adjourn |

| Friday, September 25 th , 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 |
| 9:45 a.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. | Updates in the Management of MASLD David Chascsa, M.D. |
| 1:50 p.m. | Energy Burst |
| 2:00 p.m. | Real World Outcomes with GLP-1-Based Medications for Obesity Meera Shah, M.B.Ch.B. |
| 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. | Nutrition Controversies Donald D. Hensrud, M.D. |
| 4:50 p.m. | Panel Discussion |
| 5:05 p.m. | Adjourn |

| Saturday, September 26th, 2026 | |
|--|--|
| 7:00 a.m. | Registration and Breakfast with the Faculty |
| 8:00 a.m. | Day 3 Course Overview Meera Shah, M.B., Ch.B. |
| 8:05 a.m. | Lipoprotein (a) Stephen Kopecky, M.D. |
| 8:30 a.m. | Growing Up Digital: Social Media and Children Seema Kumar, M.D. |
| 8:55 a.m. | The Relationship Between Sleep and Obesity Kara Dupuy, M.D. |
| 9:20 a.m. | The Power of Mindset Amy Rabatin. M.D. |
| 9:45 a.m. | Panel Discussion |
| 10:05 a.m. | Refreshment Break & Exhibitors |
| 10:25 a.m. | Updates in Men's Health Tobias Kohler, M.D. |
| 10:50 a.m. | Using Artificial Intelligence in Nutrition Jithin E. Varayil, 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 |