

## Kickstart Intensive Program Agenda

### **Friday, Jan. 10, 2020**

7 a.m.: Registration and Continental Breakfast

7-9 a.m.: Health Tracker Station

9-9:05 a.m.: Welcome by Jill Eckart, Managing Director of Nutrition

9:05-9:50 a.m.: A Plant-based Diet for Disease Prevention and Survival by Neal Barnard, MD

9:50-10:15 a.m.: Complete Nutrition by Lee Crosby, RD

#### *Movement*

10:15-10:30 a.m.: Cooking: Three Easy Breakfasts by Kara Blank-Gonzalez and Maggie Neola, RD

10:30-10:45 a.m.: Break

10:45-11:00 a.m.: Weight-Loss Testimonial by Chuck Carroll

11:00-11:30 a.m.: Sodium and Potassium by Vanita Rahman, MD

11:30 a.m.-12 p.m.: Cooking: Quick Lunches by Kara Blank-Gonzalez and Maggie Neola, RD

12-1 p.m.: Lunch

1-1:30 p.m.: Your Body in Balance: The New Science of Food, Hormones, and Health by Neal Barnard, MD

1:30-1:45 p.m.: Two-Minute Topics

- Vitamin B12 and Other Supplements by Maggie Neola, RD
- Soy and Cancer by Lee Crosby, RD
- Vegan Pregnancy by Susan Levin, MS, RD, CSSD
- Processed Meat and Cancer by Minh Nguyen, MS, RD

1:45-2:20 p.m.: Emotional Eating by Vanita Rahman, MD

2:20-2:45 p.m.: Is Diabetes a Two-Way Street? by Geraldine Adams, RN

2:45-3 p.m.: Diabetes Testimonial by Dennis Jones

#### *Movement*

3-3:15 p.m.: Break

3:15-3:45 p.m.: Stocking Your Pantry and Grocery Store Tour with Lee Crosby, RD, and Maggie Neola, RD

3:45-4:15 p.m.: Navigating the Cheese Trap by Neal Barnard, MD

4:15-4:45 p.m.: Cooking: Delicious Dinners by Kara Blank-Gonzalez

4:45-5 p.m.: Q-and-A with PCRM Nutrition Experts

## **Saturday, Jan. 11, 2020**

8 a.m.: Breakfast

9-9:30 a.m.: Power Foods for the Brain by Neal Barnard, MD

9:30-9:45 a.m.: Two-Minute Topics on Fad Diets

- Keto and Low-Carb by Lee Crosby, RD
- Mediterranean Diet Myths by Neal Barnard, MD
- Debunking Paleo by Susan Levin, MS, RD, CSSD
- Gluten-free diets by Maggie Neola, RD

9:45-10 a.m.: Introduction to Barnard Medical Center by Mandy Gleason

### *Movement*

10-10:30 a.m.: Eating for Heart Health by Susan Levin, MS, RD, CSSD

10:30-10:45 a.m.: Break

10:45-11:15 a.m.: Cooking Demo: Snacks and Desserts by Kara Blank-Gonzalez and Maggie Neola, RD

11:15-11:30 a.m.: Testimonial

11:30 a.m.-12 p.m.: Food Products and Kitchen Gadgets that Make Life Easy by Kara Blank-Gonzalez and Neal Barnard, MD

12-1 p.m.: Lunch

1-1:20 p.m.: Test Your Knowledge!

1:20-2 p.m.: Navigating Social Situations, Travel, and Dining Out Activity by Lee Crosby, RD

2-2:30 p.m.: Talking with Your Health Care Provider by James Loomis, MD

2:30-3 p.m.: Fueling Up for Movement and Exercise by James Loomis, MD, and Susan Levin, MS, RD, CSSD

### *Movement*

3-3:15 p.m.: Break

3:15-3:30 p.m.: Q-and-A by PCRM Nutrition Experts

3:30-4 p.m.: Life After the Kickstart Intensive and Graduation with Jill Eckart and the PCRM team