

28  
Feb

9:30 AM

**WEDNESDAY**

**Dr. William Li**

Eat to Beat Disease: The New Science of How the Body Can Heal Itself

11:15 AM

**Dr. Lori Walsh & Jessica Grelle**

Culinary Medicine in the Kitchen

12:00 PM

**Lunch Break**

Plant Based Lunch by Essential Kitchen

12:30 PM

**Dr. Christina Ciaccio**

Food Allergy & the Microbiome

1:45 PM

**Susan Hespos, PhD**

Infant Cognition: What Babies Know

2:45 PM

**Linda Henning**

Chair Yoga, NeuroBalance Center

3:00 PM

**Dr. Theresa Nguyen**

Navigating the Changing Parental Role with Your Adolescent

4:15 PM

**Break**

5:30 PM

**Steffanie Strathdee, PhD**

The Story of a Scientist and a Superbug with Panel Discussion

7:30 PM

**Conclusion Day 1**

29  
Feb

9:30 AM

## THURSDAY

**Dr. Ellen Vora**

The Anatomy of Anxiety: Overcoming & Understanding the Body's Fear Response

11:00 AM

**Dr. Jennifer Knight**

Psycho-Oncology: Stress and the Connection to Cancer

12:00 PM

**Lunch Break**

Plant Based Lunch by Essential Kitchen

12:30 PM

**Erica Hornthal**

Movement Therapist, Bacoa

1:15 PM

**Dr. Leslie Mendoza Temple**

You as the Patient: How to Care for Your Body at Every Age

2:30 PM

Prevention Panel Discussion

3:30 PM

**Conclusion Day 2**

7:00 PM

**Women's Health Night Out\***

**Dr. Melinda Ring**

Physician-Led Break-out Sessions & Panel

9:00 PM

**Conclusion**

\*Add-on ticket