

# 2021 VIRTUAL PBNHC Agenda\*

(ALL TIMES ARE EASTERN DAYLIGHT TIMES - EDT)

## Friday, September 24

TIME	DESCRIPTION	PRESENTER(S)	CME	CNE	CEU	CPE
2:30 pm – 3:00 pm	Welcome Remarks	Scott Stoll, MD	-	-	-	-
3:00 pm – 4:15 pm	Keynote Address...	Scott Stoll, MD	1.25	1.25	1.25	1.25
4:15 pm – 5:30 pm	Session 2 – What is a Healthy and Sustainable Diet: Findings from EAT-Lancet	Walter C. Willett, MD, Dr. PH	1.25	1.25	1.25	1.25
5:30 pm – 6:30 pm	Break	-	-	-	-	-
6:30 pm – 7:45 pm	Session 3 – IBS and the Microbiome: Strategies to Restore Gut Integrity	Sarina Pasricha, MD, MSCR	1.25	1.25	1.25	1.25
7:45 pm – 9:00 pm	Session 4 – Prevent, Suspend and Reverse Renal Disease with WFPB Nutrition	Shivam Joshi, MD	1.25	1.25	1.25	1.25
			5.0	5.0	5.0	5.0

## Saturday, September 25

TIME	DESCRIPTION	PRESENTER(S)	CME	CNE	CEU	CPE
1:00 pm – 2:15 pm	Session 5 – Integrating Plant Based Nutrition Into Clinical Practice	Gemma Newman, MD	1.25	1.25	1.25	1.25
2:15 pm – 3:30 pm	Session 6 – Creating Sustainable Behavioral Change	Jud Brewer MD PhD	1.25	1.25	1.25	1.25
3:30 pm – 4:30 pm	Break	-	-	-	-	-
4:30 pm – 5:45 pm	Session 7 – It's All About the Protein	T. Colin Campbell, PhD	1.25	1.25	1.25	1.25
5:45 pm – 7:00 pm	Session 8 – Plant-based Tube Feeds and Optimizing Nutrition in At Risk Patients	Edwin McDonald, MD	1.25	1.25	1.25	1.25
7:00 pm – 7:30 pm	Break	-	-	-	-	-
7:30 pm – 8:45 pm	Session 9 – What's Good for Heart Health is also Good for Brain Health	Dean Ornish, MD	1.25	1.25	1.25	1.25
			6.25	6.25	6.25	6.25

\* Agenda subject to change. Updated July 1, 2021  
Assigned credit hours are pending accreditation approval.  
NUMBER OF CREDITS ARE SUBJECT TO CHANGE.

## Sunday, September 26

TIME	DESCRIPTION	PRESENTER(S)	CME	CNE	CEU	CPE
1:00 pm – 2:15 pm	Session 10 – Is Intermittent Fasting a Key to Health? A Review of the Research	Valter Longo, PhD	1.25	1.25	1.25	1.25
2:15 pm – 3:30 pm	Session 11 – Balanced: Women’s Health at All Ages with a WFPB Diet	Michelle Tollefson, MD	1.25	1.25	1.25	1.25
3:30 pm – 4:30 pm	Break	-	-	-	-	-
4:30 pm – 5:45 pm	Session 12 – Long Covid Syndrome, Angiogenesis and Dietary Intervention	William Li, MD	1.25	1.25	1.25	1.25
5:45 pm – 7:00 pm	Session 13 – Are Your Guts Bugging Your Heart? Microbiome Effects on Cardiac Events & Mortality	Kim Allan Williams, MD, FACC, FASNC, FAHA	1.25	1.25	1.25	1.25
7:00 pm – 7:30 pm	Break	-	-	-	-	-
7:30 pm – 8:45 pm	Session 14 – Adventist Health Studies: Key Findings and Updates	Gary Fraser, MD	1.25	1.25	1.25	1.25
			6.25	6.25	6.25	6.25

## Monday, September 27

TIME	DESCRIPTION	PRESENTER(S)	CME	CNE	CEU	CPE
2:00 pm – 3:15 pm	Session 15 – Helping Children Thrive on a Plant Based Diet	Reshma Shah, MD MPH	1.25	1.25	1.25	1.25
3:15 pm – 4:30 pm	Session 16 – Real World PBN Integration: What can we learn from successful businesses?	Dexter Shurney, MD, MBA, MPH	1.25	1.25	1.25	1.25
4:30 pm – 5:30 pm	Break	-	-	-	-	-
5:30 pm – 6:45 pm	Session 17 - How Not To Diet: Evidence Based Weight Loss	Michael Greger, MD	1.25	1.25	1.25	1.25
6:45 pm – 9:00 pm	Session 18 - Panel Discussion: Everyday Ideas for Practice	Scott Stoll, MD Andy Bellatti, MS, RD Caldwell Esselstyn, Jr., MD Michael Klaper, MD N. Margarete Ezinwa MD, MPH	2.25	2.25	2.25	2.25
9:00 pm – 9:15 pm	Closing Remarks	Scott Stoll, MD	-	-	-	-
			6.0	6.0	6.0	6.0

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