



2014 Conference Agenda

THE UNIVERSITY OF TEXAS NUTRITION INSTITUTE

2014 - The MINDFUL Conference

THURSDAY MAY 22, 2014

8:00 am - 8:50 am	Arrival and Registration Mary E. Gearing Hall <i>Coffee, Tea, and Light Breakfast will be available</i>			
9:00 am - 9:15 am	Welcome: Getting Started Monica Meadows, PhD, RD; Susie Jastrow, RD Room 105			
9:15 am - 10:30 am	Keynote Address: Ari Brown, M.D., author of the “411” Series “Food 411: Creating a Healthy Life” Room 105			
10:30 am - 12:00 pm	Chef David Bull, Executive Chef of Congress “Flavor Profiling” Room 105			
12:00 pm - 12:50 pm	Lunch Planned & Prepared by Chef David Bull Gearing Patios & Courtyard			
12:45 pm - 3:00 pm	Exhibits Gearing - Great Hall			
1:00 pm - 2:55 pm	Group 1	Group 2	Group 3	Group 4
	Hands-on Cooking and Tasting with Chef David Bull Room 337	Mindful Eating in a Fast Paced World Room 100	Mindful Eating in a Fast Paced World Room 100	Mindful Eating in a Fast Paced World Room 100
3:00 pm - 4:55 pm	Mindful Eating in a Fast Paced World Room 100	Hands-on Cooking and Tasting with Chef David Bull Room 337	Changing Communities - A Panel Discussion & Cooking Demo Room 105	Changing Communities - A Panel Discussion & Cooking Demo Room 105

A Note on Breakout Sessions:

Conference attendees will participate in afternoon activities in small, assigned groups. Attendance of Chef Bull's hands-on cooking classes is limited to the first 60 registrants. All other sessions can accommodate all attendees over the course of the conference.



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FRIDAY MAY 23, 2014

8:00 am - 8:50 am	Welcome! Mary E. Gearing Hall <i>Coffee, Tea, and Light Breakfast will be available</i>			
9:00 am - 10:15 am	“Mindful Lifestyle Matters for Obesity Prevention” Michele Forman, PhD Room 105			
10:15 am - 11:30 am	“The Genetics of Health Behaviors” Molly Bray, PhD Room 105			
11:30 am - 12:00 pm	Interactive Discussion Forman, Bray Room 105			
12:00 pm - 12:50 pm	Plated Lunch Planned & Prepared by Chef David Bull Gearing Patios & Courtyard			
12:45 pm - 3:00 pm	Exhibits Gearing - Great Hall			
1:00 pm - 2:55 pm	Group 1	Group 2	Group 3	Group 4
	Changing Communities - A Panel Discussion & Cooking Demo Room 105	Motivational Interviewing Room 100	Hands-on Cooking and Tasting with Chef David Bull Room 337	Motivational Interviewing Room 100
3:00 pm - 4:55 pm	Motivational Interviewing Room 100	Changing Communities - A Panel Discussion & Cooking Demo Room 105	Motivational Interviewing Room 100	Hands-on Cooking and Tasting with Chef David Bull Room 337
5:30 pm	Wine Tasting and Reception with Fall Creek Vineyards & Congress Speaker: Larry Temple, White House Staff Special Counsel LBJ Presidential Library			

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SATURDAY MAY 24, 2014

8:00 am - 8:50 am	<p>Welcome! Arrival and Registration Mary E. Gearing Hall</p> <p><i>Coffee, Tea, and Light Breakfast will be available</i></p>
9:00 am - 10:30 am	<p>“Fat is not all bad: Using Dietary Fat and Fat Metabolism to Improve Immunity in Aging” Chris Jolly, PhD</p> <p>Room 105</p>
10:30 am - 11:00 am	<p>“Bringing it All Together” Monica Meadows, PhD, RD; Susie Jastrow, RD</p> <p>Room 105</p>
11:00 am - 12:00 pm	<p>Interactive Discussion Forman, Bray, Jolly</p> <p>Room 105</p>
12:00 pm - 1:00 pm	<p>Cooking Demonstration: “Summer Salads” Chef Jess Kolko, RD, LD Lunch to go!</p> <p>Room 105</p>