# 2014 Conference Agenda

**THURSDAY MAY 22, 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</table>
| 8:00 am - 8:50 am | Arrival and Registration  
Mary E. Gearing Hall  
*Coffee, Tea, and Light Breakfast will be available* |
| 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:  
Hands-on Cooking and Tasting with Chef David Bull  
Room 337  
Group 2:  
Mindful Eating in a Fast Paced World  
Room 100  
Group 3:  
Mindful Eating in a Fast Paced World  
Room 100  
Group 4:  
Mindful Eating in a Fast Paced World  
Room 100 |
| 3:00 pm - 4:55 pm | Group 1:  
Mindful Eating in a Fast Paced World  
Room 100  
Group 2:  
Hands-on Cooking and Tasting with Chef David Bull  
Room 337  
Group 3:  
Changing Communities - A Panel Discussion & Cooking Demo  
Room 105  
Group 4:  
Changing Communities - A Panel Discussion & Cooking Demo  
Room 105 |

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**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.
## 2014 Conference Agenda

### FRIDAY MAY 23, 2014

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| 8:00 am - 8:50 am | Welcome!  
Mary E. Gearing Hall  
Coffee, Tea, and Light Breakfast will be available |
| 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  
Changing Communities - A Panel Discussion & Cooking Demo  
Room 105 |
| | Group 2  
Motivational Interviewing  
Room 100 |
| | Group 3  
Hands-on Cooking and Tasting with Chef David Bull  
Room 337  
Room 100 |
| | Group 4  
Motivational Interviewing  
Room 100 |
| 3:00 pm - 4:55 pm | Group 1  
Motivational Interviewing  
Room 100 |
| | Group 2  
Changing Communities - A Panel Discussion & Cooking Demo  
Room 105 |
| | Group 3  
Motivational Interviewing  
Room 100 |
| | Group 4  
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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| 8:00 am - 8:50 am | Welcome! Arrival and Registration  
Mary E. Gearing Hall  
*Coffee, Tea, and Light Breakfast will be available* |
| 9:00 am - 10:30 am | “Fat is not all bad: Using Dietary Fat and Fat Metabolism to Improve Immunity in Aging”  
Chris Jolly, PhD  
Room 105 |
| 10:30 am - 11:00 am | “Bringing it All Together”  
Monica Meadows, PhD, RD; Susie Jastrow, RD  
Room 105 |
| 11:00 am - 12:00 pm | Interactive Discussion  
Forman, Bray, Jolly  
Room 105 |
| 12:00 pm - 1:00 pm | Cooking Demonstration: “Summer Salads”  
Chef Jess Kolko, RD, LD  
Lunch to go!  
Room 105 |