



2013 Conference Agenda

THE UNIVERSITY OF TEXAS NUTRITION INSTITUTE

2013 - The MINDFUL Conference

FRIDAY MAY 31, 2013

8:00 am - 8:50 am	Welcome! Arrival and Registration Mary E. Gearing Hall <i>Coffee, Tea, and Light Breakfast will be available</i>				
9:00 am - 10:20 am	Keynote Address: Michelle May, M.D., author of <u>Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle</u> Room 105				
10:30 am - 11:50 am	Chef David Bull, Executive Chef of Congress “Flavor Profiling” Room 105				
12:00 pm - 12:50 pm	Boxed Lunch Planned & Prepared by Chef David Bull Gearing Patios & Courtyard				
1:00 pm - 2:50 pm	Breakout Sessions	Group 1	Group 2	Group 3	Group 4
		Hands-on Cooking and Tasting with Chef David Bull Room 337	New Technology MyMindfulMeals Mindful eating app: Demo and focus group Room 247	Mindful eating exercise with Alexa Sparkman Ingredients and Recipes with Allison Kociuruba Room 403	The Latest in Nutrition Apps & Tools
3:00 pm - 4:50 pm	Breakout Sessions	New Technology MyMindfulMeals Mindful eating app: Demo and focus group Room 247	Hands-on Cooking and Tasting with Chef David Bull Room 337	The Latest in Nutrition Apps & Tools	Mindful eating exercise with Alexa Sparkman Ingredients and Recipes with Allison Kociuruba Room 403
6:15 pm		“Health Effects of Wine” & Wine Tasting and Reception with Fall Creek Vineyards President’s Office, Main Building (The Tower)			

A Note on Breakout Sessions:

Conference attendees will participate in afternoon activities in small, assigned groups. Each group will experience the same unique, hands-on sessions, but the order of the sessions will vary.



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SATURDAY JUNE 1, 2013

8:00 am - 8:50 am	Welcome! Arrival and Registration Mary E. Gearing Hall <i>Coffee, Tea, and Light Breakfast will be available</i>				
9:00 am - 9:50 am	Addressing Prevention of Childhood Obesity Before the Baby Arrives Michele Forman, PhD Room 105				
10:00 am - 10:50 am	The Role of Genes in Obesity Prevention and Treatment Molly Bray, PhD Room 105				
11:00 am - 11:50 am	Interactive Discussion Room 105				
12:00 pm - 12:50 pm	Plated Lunch Planned & Prepared by Chef David Bull Gearing Patios & Courtyard				
1:00 pm - 2:50 pm	Breakout Sessions	Group 1	Group 2	Group 3	Group 4
		Mindful eating exercise with Alexa Sparkman Ingredients and Recipes with Allison Kociuruba Room 403	The Latest in Nutrition Apps & Tools	Hands-on Cooking and Tasting with Chef David Bull Room 337	New Technology MyMindfulMeals Mindful eating app: Demo and focus group Room 247
3:00 pm - 4:50 pm	Breakout Sessions	The Latest in Nutrition Apps & Tools	Mindful eating exercise with Alexa Sparkman Ingredients and Recipes with Allison Kociuruba Room 403	New Technology MyMindfulMeals Mindful eating app: Demo and focus group Room 247	Hands-on Cooking and Tasting with Chef David Bull Room 337

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SUNDAY JUNE 2, 2013

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 - 9:50 am	<p>“Sugar Brain”: Impact on Addiction, Metabolism, and Satiety Jamie Davis, PhD, RD</p> <p>Room 105</p>
10:00 am - 10:50 am	<p>Eat Mindfully - Live Vibrantly Michelle May, M.D.</p> <p>Room 105</p>
11:00 am - 11:50 am	<p>Interactive Discussion</p> <p>Room 105</p>
12:00 pm - 12:50 pm	<p>Summer Salads Chef Jess Kolko, RD, LD from Whole Foods Cooking Demo & Tasting</p>