## 2013 Conference Agenda

### FRIDAY MAY 31, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 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 - 10:20 am| Keynote Address: Michelle May, M.D., author of  
*Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*  
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 | 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  
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.
# 2013 Conference Agenda

**SATURDAY JUNE 1, 2013**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
</table>
| 8:00 am - 8:50 am | Welcome! Arrival and Registration  
Mary E. Gearing Hall  
Coffee, Tea, and Light Breakfast will be available | Mary E. Gearing Hall |
| 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 | Gearing Patios & Courtyard |
| 1:00 pm - 2:50 pm | Breakout Sessions  
**Group 1**: Mindful eating exercise with Alexa Sparkman  
Ingredients and Recipes with Allison Kociuruba  
Room 403  
**Group 2**: The Latest in Nutrition Apps & Tools  
**Group 3**: Hands-on Cooking and Tasting with Chef David Bull  
Room 337  
**Group 4**: New Technology MyMindfulMeals  
Mindful eating app: Demo and focus group  
Room 247 | Gearing Patios & Courtyard |
| 3:00 pm - 4:50 pm | Breakout Sessions  
**Group 1**: The Latest in Nutrition Apps & Tools  
**Group 2**: Mindful eating exercise with Alexa Sparkman  
Ingredients and Recipes with Allison Kociuruba  
Room 403  
**Group 3**: New Technology MyMindfulMeals  
Mindful eating app: Demo and focus group  
Room 247  
**Group 4**: Hands-on Cooking and Tasting with Chef David Bull  
Room 337 | Gearing Patios & Courtyard |

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