



HEALTHY
FOR A
LIFETIME

SCHEDULE

SEPTEMBER 23, 2023

Day Program

9:00-9:05am	Opening Video and Remarks	Ken Beckman
9:05-9:20am	Starting A Whole Food, Plant-Based Lifestyle Today	Angelina Stovall-Amos, RD, LMNT
9:20-10:20am	Are Humans Designed to Eat Meat?	Milton Mills, MD
10:20-10:35am	BREAK	
10:35-11:25am	I Have a Carrot and a Stent—You Pick!	Koushik Reddy, MD
11:25-11:45am	BREAK	
11:45-12:40pm	LUNCH	No Speaker
12:40-1:30pm	Healthspan, Epigenetics, and the Microbiome	M. Elizabeth Swenor, DO
1:30-1:45pm	BREAK	
1:45-2:35pm	The Plant-Empowered Path to Holistic Health & Fitness	Ella Magers, MSW
2:35-3:25pm	Overcoming Autoimmune Disease	Micah Yu, MD
3:25-3:45pm	BREAK	
3:45-4:55pm	Simple Tips for the Plant-Based Kitchen	Melissa Sherlock & Shane Martin
4:55-5:00pm	Closing Remarks	Melissa Sherlock

Evening Program

6:30-7:00pm	DINNER	No Speaker
7:00-7:45pm	From Donuts to Potatoes: Our Story	Esther and Ben Loveridge
7:45-8:30pm	Q&A Panel Discussion with: Drs. Mills, Reddy, Swenor, Yu and Ella Magers	Chuck Carroll (moderator)