

Time	Session
7:30 AM to 8:30 AM	CE Registration / Browse Book and Pantry Item Tables
8:30 AM to 8:45 AM	Introduction...The Local Plant-Based Movement and Year Highlights Marcy Madrid, President of Healthy City, discusses the whole-food, plant-based movement in West Texas and highlights what has happened since last year's event.
8:45 AM to 9:50 AM	Session 1...The 7 Pillars of Plant-Based Nutrition Dr. Scott Stoll gives a comprehensive overview of the scientific impact of plant-based nutrition on cellular function, biochemical reactions and disease processes. He also discusses the Blue Zones and the environmental impact of food choices.
9:50 AM to 11:00 AM	Session 2...Plant-based Nutrition for Optimal Performance and Optimal Health An exclusive look at The Game Changers film. Then, Dr. James Loomis, former team internist for the St. Louis Rams and the St. Louis Cardinals, presents the basics of exercise physiology and the benefits of plant-based nutrition for optimal athletic performance.
11:00 AM to 11:10 AM	Q&A with Dr. Loomis
11:10 AM to 12:15 PM	Lunch / Book Signings / Browse Book and Pantry Item Tables
12:15 PM to 1:20 PM	Session 3...The Profound Effect of Lifestyle in Optimizing Brain Health and Avoiding Alzheimer's Drs. Dean and Ayesha Sherzai, authors of The Alzheimer's Solution, discuss biomarkers that contribute to cognitive aging and the profound effect that lifestyle can have in optimizing brain health and reducing your risk of developing dementia or Alzheimer's.
1:20 PM to 1:30 PM	Let's Stretch!
1:30 PM to 2:30 PM	Session 4A in Main Auditorium...HOW NOT TO DIE: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers with Dr. Michael Greger
	Session 4B in Rea Hall...Mythbusters: Common Food Myths with Dr. Scott Stoll
2:30 PM to 3:00 PM	Break / Book Signings / Browse Book and Pantry Item Tables
3:00 PM to 3:20 PM	Session 5...Resources Available in West Texas Dr. Padmaja Patel addresses local resources that are available to those living or starting a plant-based lifestyle in West Texas.
3:20 PM to 3:45 PM	Session 6...Q&A Last chance for presenters to answer questions! Text your questions to 432-299-0089.