

October 22-24, 2015

Virginia Beach, Virginia

Certificate of Training in Adult Weight Management Onsite Course Tentative Agenda

While CDR will make all attempts to adhere to this agenda, the agenda may be modified in order to accommodate faculty schedules as needed.

Sheraton Virginia Beach Oceanfront Hotel
3501 Atlantic Ave.
Virginia Beach, VA 23451



Thursday, October 22, 2015

7:30 – 8:30 am	Check-in and Light Breakfast
8:30 – 8:45 am	Welcome and Program Overview Molly Gee, MEd, RD, Program Facilitator
8:45 – 10:15 am	Current Perspectives and Future Directions Robert Kushner, MD, MS, FACP, FTOS Q & A
10:15 – 10:30 am	Beverage Break
10:30 – 11:45 am	Nutrition Management of Overweight and Obesity – Part 1 Christina Biesemeier, MS, RD, LDN, FADA, FAND Q & A
11:45 am – 1:00 pm	Lunch - On Own
1:45 – 2:15	Nutrition Management of Overweight and Obesity – Part 2 Christina Biesemeier, MS, RD, LDN, FADA, FAND Q & A
2:15 – 2:30 pm	Beverage Break
2:30 – 3:30 pm	Do All Diets Work? Molly Gee, MEd, RD Q & A
3:30– 5:00 pm	Physical Activity: What's the Weight Management RDN's Role? Ruth Ann Carpenter, MS, RDN Q & A

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Friday, October 23, 2015

7:30 – 8:30 am	Light Breakfast
8:30 – 9:30 am	Life Transitions and Weight Control Cynthia Thomson, PhD, RD, FAND Q & A
9:30 – 10:45 am	Medical Complications and Pharmacotherapy in Overweight and Obesity Sue Cummings, MS, RD, LDN Q & A
10:45 – 11:00 am	Beverage Break
11:00 am – 12:30 pm	Nutritional Care of the Bariatric Surgery Patient Sue Cummings, MS, RD, LDN Q & A
12:30– 1:45 pm	Lunch on Own
1:45 – 3:00 pm	Behavior Management of Obesity Craig Johnston, PhD
3:00 – 3:10 pm	Beverage Break Move to Breakout Rooms
3:10 – 4:30 pm	Behavior Modification – Breakout Groups Facilitators Christina Biesemeier, MS, RD, LDN, FADA, FAND Ruth Ann Carpenter, MS, RDN Sue Cummings, MS, RD, LDN Molly Gee, MEd, RD Craig Johnston, PhD Diane Radler, PhD, RD Cynthia Thomson, PhD, RD, FAND
4:30 – 4:40 pm	Move to Main Conference Room
4:40 – 5:00 pm	Behavior Modification – Summary Session and Q & A
5:00 – 5:20 pm	Faculty and Participant Networking Session

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Saturday, October 24, 2015

7:30 – 8:30 am	<i>Light Breakfast</i>
8:30– 9:15 am	<i>Dietary Supplements in Weight Management</i> Diane Radler, PhD, RD and Cynthia A. Thomson, PhD, RD, FAND Q & A
9:15 – 10:00 am	<i>Role of Public Health in Obesity Prevention</i> Ruth Ann Carpenter, MS, RDN Q & A
10:00 – 10:15 am	<i>Beverage Break</i>
10:15 – 11:00 am	<i>Technology and mHealth in Lifestyle Intervention</i> Molly Gee, MEd, RD Q & A
11:00 – 11:45 am	<i>Case Studies: Applying What You've Learned</i> Faculty Panel
11:45 – 12:00 noon	<i>Concluding Remarks and Post-test Instructions</i> Molly Gee, MEd, RD

