

## CANADIAN PLANT-BASED NUTRITION CONFERENCE (CPBNC)

June 1<sup>st</sup> 2019 – Michener Institute of Education, University Health Network, Toronto

### AGENDA

- 8.00 to 8.25 Registration
- 8.30- 8.45 Welcome and Introduction  
*Dr. Zahra Kassam MBBS, MSc, FRCP(C)*  
*Dr. Shireen Kassam MBBS, FRCPath, PhD*
- 8.45-9.30 Keynote: Human Health and Planetary Health: Are they Linked?  
*Dr. David Jenkins OC, MD, FRSC, FRCP, FRCPC, PhD, DSc*
- 9.30-10.00 Food as Prevention for Diabetes  
*Dr. Subhas Ganguli MD, MSc, FRCP(C)*
- 10.00-10.30 Cardiovascular Disease and Nutrition  
*Dr. Shane Williams MD, FRCP(C)*
- 10.30-11.00 Break
- 11.00-11.30 Healing The Rock with Plants  
*Dr. Shoba Rayapudi MD, MSc*  
*Dr. Arjun Rayapudi MD, FACS, FRCS(C)*
- 11.30-12.00 Lifestyle Medicine, New Tools, New Outcomes, Empowered Patients  
*Dr. Larry Schmidt BSc, MD, CCFP*
- 12.00-12.30 Panel Discussion I:  
Driving Change: Lifestyle Medicine and Plant-Based Nutrition in Canada  
Facilitator: Dr. Maria Theodorou MD, PhD, FRCP(C)
- 12.30-13.45 Lunch (WFPB lunch provided by Feel Good Guru)
- 13.45 -14.30 Debunking Myths of Whole Food Plant-Based Nutrition  
*Lauren McNeill RD, MPH*
- 14.30 -15.00 The Plant-Based Advantage for Cancer Prevention and Recurrence  
*Dr. Shireen Kassam MBBS, FRCPath, PhD*
- 15.00-15.30 Break
- 15.30 -16.00 Food for Thought: The Importance of Nutrition for Mental Health  
*Dr. Linda Plowright MD, FRCP(C)*
- 16.00-16.30 The Environmental Consequences of Animal Foods: The Mechanism and Global Impact  
*Dr. Tushar Mehta, MD, FRCP(C)*
- 16.30-17.00 Panel discussion II (Audience Q and A)  
*Dr. Zahra Kassam MBBS, MSc, FRCP(C)*
- 17.00 Final Remarks