


	Friday 17 February	Saturday 18 February	Sunday 19 February
7.00 am - 8.30 am		Optional morning activities Guided 5 km run (7.00 am - 7.45 am) Mindfulness session (8.00 am - 8.30 am)	Optional morning activities Guided walk (7.00 am - 7.45 am) Yoga (7.30 am - 8.15 am)
7.45 am - 8.30 am		Optional: What is WFPB nutrition & how can we prescribe it? Dr Renae Thomas	Optional: Children's health cooking class, Dr Ayesha Sherzai, Dr Heleen (Roex) Haitjema
8.30 am - 9.00 am		Break	Break
9.00 am - 9.30 am		Acknowledgement of Country, Conference Opening. Dr Heleen (Roex) Haitjema, Clint Paddison	Meat and Gut Health: Dr Alan Desmond
9.30 am - 10.00 am		Preventing Cognitive Decline: Dr Dean Sherzai, Dr Ayesha Sherzai	Food Systems and the Environment: Dr Peter Johnston APD
10.00 am - 10.30 am			
10.30 am - 11.00 am		Morning tea break	Morning tea break
11.00 am - 11.30 am		Virtual presentation - Evidence-based Weight Loss: Dr Michael Greger	Virtual presentation - Treating the cause to prevent and reverse heart disease: Dr Caldwell Esselstyn
11.30 am - 12.00 pm			Dietary Treatment of Heart Disease: Dr Ahmad Farshid
12.00 pm - 12.30 pm		Lunch break	Lunch break
12.30 pm - 1.30 pm		Turning the tide on Type 2 Diabetes: Dr Anis Ta'eed, Dr Gemma Newman, Hollie Waters APD	GP Panel Discussion: Dr Alyce Churchill, Dr Sam Gartland, Dr Martyn Williamson, Dr Juliette Roex Facilitator: Dr Luke Wilson
1.30 pm - 2.30 pm		Nutrition and Skin Conditions: Dr Niyati Sharma	Great results from WFPB intensive programs: Dr Malcolm Mackay, Dr Peter Johnston APD, Jenny Cameron
2.30 pm - 3.00 pm		Afternoon tea break	Afternoon tea break
3.00 pm - 3.30 pm		Nutrition and Indigenous Health: Tracy Hardy APD	Nutrition and Cancer: Dr Despina Handolias, Dr Alan Desmond, Dr Renae Thomas
3.30 pm - 4.00 pm		Hormonal Health: Dr Gemma Newman	Behaviour Change in a Community Setting, Dr Dean Sherzai, Dr Ayesha Sherzai
4.00 pm - 4.30 pm			
4.30 pm - 5.00 pm		Break	I never thought it was possible... until we did it: Dr Renae Thomas Conference close: Clint Paddison, Dr Heleen (Roex) Haitjema
5.00 pm - 5.30 pm	Welcome Reception: Clint Paddison, Dr Heleen (Roex) Haitjema.		
5.30 pm - 6.00 pm	Overview of DFN's work, canapes, networking	Conference dinner. 6.30pm start till late Dinner speaker: Prof Boyd Swinburn on The Global Syndemic	 Nutrition in Healthcare Conference
6.00 pm - 6.30 pm			
6.30 pm - 7.00 pm			