

# CONVENTION

## Thursday, August 25

- 10:30 am - 5:00 pm**     **Registration Open**  
*Located next to the entrance of the Maryland Ballroom*
- 1:00 pm - 4:30 pm**     **ENGAGE! Discover the Power of Your Voice**  
*Maryland Ballrooms 1-3*
- 1:00 pm - 4:30 pm**     **OAC National Advocacy Training**  
*Maryland Ballrooms 4-6*
- 7:00 pm - 8:30 pm**     **Convention Attendee and Exhibitor Welcome Reception**  
*EXPO Hall - Maryland Ballrooms C and D*



## Friday, August 26

- 6:30 am - 7:15 am**     **Organized Morning Walks/Run**  
*Atrium Level - Meet near the door that heads outside to the Potomac River*
- 6:30 am - 7:15 am**     **Friday Morning Group Exercise Classes**  
*Maryland Ballroom 1, Maryland Ballrooms 2-3, and Gaylord National Pool*
- 6:30 am - 5:00 pm**     **Registration Open**  
*Located next to the entrance of the Maryland Ballroom*
- 7:30 am - 5:15 pm**     **Your Weight Matters Healthy Living EXPO Hall Open**  
*EXPO Hall - Maryland Ballrooms C and D*
- 8:00 am - 5:00 pm**     **FREE Health Screening**  
*EXPO Hall - Maryland Ballrooms C and D*
- 7:30 am - 8:45 am**     **Breakfast (Full Convention Registrants Only)**  
*EXPO Hall - Maryland Ballrooms C and D*

### Friday General Educational Sessions

- 8:30 am - 9:15 am**     **EVENT WELCOME: Uniting Your Community to Inspire Health**  
*Amber Huett-Garcia, MPA and Michelle Vicari*  
*Featuring: Lawrence A. Soler, President and CEO of Partnership for a Healthier America*  
*Maryland Ballroom B*
- 9:20 am - 10:00 am**     **The Power to Transform Your Life!**  
*Holly Wyatt, MD*  
*Maryland Ballroom B*
- 10:00 am - 10:45 am**     **Break – Visit EXPO Hall**  
*EXPO Hall - Maryland Ballrooms C and D*
- 10:35 am - 10:45 am**     **Pre-Session Exercise Demo – Yoga**  
*Led by Jamila C. Keita, MA*  
*Maryland Ballroom B*



# SCHEDULE



**10:45 am - 11:25 pm**     **Health by Design: Creating a Mindful Eating Environment**

*Brian Wansink, PhD  
Maryland Ballroom B*

**11:30 am - 12:15 pm**     **The Great Debate Series: Food Addiction**

*Nicole Avena, PhD and Nina Crowley, PhD, RDN, LD  
Maryland Ballroom B*

**12:30 pm - 1:30 pm**     **Lunch with the Experts (Ticketed Event)**

*Maryland Ballrooms 1-3*

*This is a ticketed event and pre-registration is required. Please see the Convention Registration desk if you did not pre-register and would like to attend. Onsite tickets are limited. Pre-registrants received tickets in their Welcome Packet picked-up onsite.*

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. <b>Breaking the Ice: Connecting with Fellow First-time Attendees</b><br/><i>Rob Portinga</i></li> <li>2. <b>Holidays and Celebrations: Tips for Staying on Track</b><br/><i>Michelle Vicari</i></li> <li>3. <b>The Art of Compromise and Self-negotiation: Techniques to Meet Your Goals</b><br/><i>Tammy Beaumont, BSN, RN, CBN</i></li> <li>4. <b>Chew on this: Practicing Mindful Eating</b><br/><i>Nina Crowley, PhD, RDN, LD</i></li> <li>5. <b>Using Your Mind to Manage Stress</b><br/><i>MaryBeth Sherrin, ALM, MEd</i></li> <li>6. <b>Don't Sweat it: Taking the First Step on Your Fitness Journey</b><br/><i>Mira Rasmussen, ACSM, EP-C</i></li> <li>7. <b>Mind over Matter: The Psychology of Weight Management</b><br/><i>Janine V. Kyrillos, MD, FACP</i></li> <li>8. <b>The Pain of Regain: Staying Motivated Long-term</b><br/><i>Colleen M. Cook</i></li> <li>9. <b>Binge Eating Disorder and Your Weight: What You Should Know</b><br/><i>Allison Grupski, PhD</i></li> </ol> | <ol style="list-style-type: none"> <li>10. <b>Understanding and Identifying Addiction Issues in the Bariatric Community</b><br/><i>Nicole Avena, PhD</i></li> <li>11. <b>More than Meets the Scale: Understanding the Biological Components of Weight Management</b><br/><i>Scott Kahan, MD, MPH</i></li> <li>12. <b>Check Your Levels: Post-op Patients and Blood Work – What You Should Know</b><br/><i>Pam Davis, RN, CBN, MBA</i></li> <li>13. <b>Life after Bariatric Surgery: Medication Do's and Don'ts</b><br/><i>Lloyd Stegemann, MD, FASMBS</i></li> <li>14. <b>The "New" You is the Same You: Learning to Love Yourself and Others</b><br/><i>Robin Rudner, RD, CSP, LDN</i></li> <li>15. <b>Community Action: How You Can Change Lives and Pay it Forward</b><br/><i>Lawrence A. Soler</i></li> <li>16. <b>Namaste: Yoga for All Fitness Levels</b><br/><i>Abby Lentz</i></li> <li>17. <b>Pregnancy and Women's Health: Ask the Doc</b><br/><i>Amy Arrow Articulo, DO, FACOOG</i></li> </ol> |
|---|--|

## Friday Breakout Educational Sessions

**1:45 pm - 3:00 pm**     **Breakout Sessions** (*Attendees can choose to attend either session. Pre-registration NOT required.*)

### **360 Degrees of Movement: Integrating Activity and Exercise into Your Day**

*Scott Kahan, MD, MPH (Moderator)  
Maryland Ballroom A (Section 1)*

**Activity Versus Exercise: What's the Difference?**  
*Scott Kahan, MD, MPH*

**Developing Your Personal Exercise Prescription**  
*Sarah Kuchinos, MS, MA, CPT, CES*

**Fitness Tracking: Technology for Exercise**  
*Nicole Brown, MS, RDN, LD, ACSM, EP-C*

**OR**

### **Through the Good Times, and Bad – Managing Your Health**

*Merrill Littleberry, LCSW, LCDC, CCM, CI-CPT (Moderator)  
Maryland Ballroom B (Section 2)*

**Putting Your Health and Self, First**  
*Merrill Littleberry, LCSW, LCDC, CCM, CI-CPT*

**Managing and Embracing Your Relationships**  
*Kelly Theim Hurst, PhD*

**Managing Life's Stresses**  
*Robyn Osborn, PhD*



**3:00 pm - 3:45 pm**    **Break – Visit EXPO Hall**  
*EXPO Hall - Maryland Ballrooms C and D*

**3:35 pm - 3:45 pm**    **Pre-Session Exercise Demos**  
**High Energy/Dance**  
*Led by Robanne Robin*  
*Maryland Ballroom A (Section 1)*

**OR**

**Tai Chi**  
*Led by Merrill Littleberry, LCSW, LCDC, CCM, CI-CPT*  
*Maryland Ballroom B (Section 2)*

**3:45 pm - 5:00 pm**    **Breakout Sessions** *(Attendees can choose to attend either session. Pre-registration NOT required.)*

**The Struggle is Real –  
 Why is it so Hard to Manage My Weight?**  
*Robert Kushner, MD (Moderator)*  
*Maryland Ballroom A (Section 1)*

**Understanding the Role of Biology**  
*Holly Wyatt, MD*

**Understanding the Role of Your Behaviors**  
*Robert Kushner, MD*

**Your Mind: A Powerful Tool**  
*Anthony N. Fabricatore, PhD*

**OR**

**Balancing Perspectives: A Look at Real Life  
 Post-Bariatric Surgery**  
*Pam Davis, RN, CBN, MBA & Michelle Vicari (Moderators)*  
*Maryland Ballroom B (Section 2)*

**Balancing the Mix of Emotions**  
*Merrill Littleberry, LCSW, LCDC, CCM, CI-CPT*

**Balancing Your Nutrition  
 and Supplement Needs**  
*Jeanne Blankenship, MS, RD*

**Finding the Balance of Activity in  
 Your Everyday Life**  
*Mira Rasmussen, ACSM, EP-C*

**Patient Panel – Been there, done that:  
 Advice from Fellow Post-ops**  
*Patient Perspective Panel: Nanette Adams, LPC;  
 Maria Caprigno; Reo Davis; Sandi Henderson;  
 and Nikki Massie*



**5:30 pm - 6:15 pm**    **Friday Afternoon Group Exercise Classes**  
*Maryland Ballroom 1, Maryland Ballrooms 2-3*

**7:30 pm - 11:30 pm**    **Welcoming Ceremonies Dinner** *(Ticketed Event – Buffet Dinner and Themed Costume Party)*  
*Maryland Ballrooms B and 4-6 (attendees will enter this event from Maryland Ballroom 4)*

# Saturday, August 27

- 6:30 am - 7:15 am**    **Organized Morning Walks/Run**  
*Atrium Level - Meet near the door that heads outside to the Potomac River*
- 6:30 am - 7:15 am**    **Saturday Morning Group Exercise Classes**  
*Maryland Ballrooms 2-3 and Gaylord National Pool*
- 6:30 am - 5:00 pm**    **Registration Open**  
*Located next to the entrance of the Maryland Ballroom*
- 7:30 am - 5:15 pm**    **Your Weight Matters Healthy Living EXPO Hall Open**  
*EXPO Hall - Maryland Ballrooms C and D*
- 8:00 am - 5:00 pm**    **FREE Health Screening**  
*EXPO Hall - Maryland Ballrooms C and D*
- 7:30 am - 8:45 am**    **Breakfast (Full Convention Registrants Only)**  
*EXPO Hall - Maryland Ballrooms C and D*



## Saturday General Educational Sessions

- 8:30 am - 9:15 am**    **Energy In, Energy Out – Rethinking the Balance**  
*Steve Blair, PED*  
*Maryland Ballroom B*
- 9:20 am - 10:00 am**    **Behind the Scenes: Lessons Learned through a “Reality” Weight-loss Competition**  
*Dawn Jackson Blatner, RDN, CSSD, LDN, and Jasmin Queen*  
*Maryland Ballroom B*
- 10:00 am - 10:45 am**    **Break – Visit EXPO Hall**  
*EXPO Hall - Maryland Ballrooms C and D*
- 10:35 am - 10:45 am**    **Pre-Session Exercise Demo - Stretching/Flexibility**  
*Led by Charlie Pistorio*  
*Maryland Ballroom B*
- 10:45 am - 11:25 am**    **Re-imagining the World in Which We Live – Advocating for Health**  
*Scott Kahan, MD, MPH*  
*Maryland Ballroom B*
- 11:30 am - 12:15 pm**    **The Great Debate Series: Can You be Healthy and Have Obesity?**  
*Steve Blair, PED, and Deborah Bade Horn, DO, MPH, FOMA*  
*Maryland Ballroom B*





12:30 pm - 1:30 pm

**Lunch with the Experts** *(Ticketed Event)*

*Maryland Ballrooms 1-3*

*This is a ticketed event and pre-registration is required. Please see Convention Registration if you did not pre-register and would like to attend. Onsite tickets are limited. Pre-registrants received tickets in their Welcome Packet picked-up onsite.*

- 1. Linking With Others: Finding Your Support System and Tools Online**  
*Michelle Vicari*
- 2. Denied Treatment? Don't Go Down without a Fight!**  
*Walter Medlin, MD, FACS, and Sarah M. Bramlette, MSHL*
- 3. Grocery Aisles to Kitchen Table: Practical and Healthy Meal Planning**  
*Cassie I. Story, RDN*
- 4. The Snack Attack! Deciphering Your Cravings**  
*Dawn Jackson Blatner, RDN, CSSD, LDN*
- 5. Obesity and Mental Health Conditions: An Intertwined Challenge**  
*MaryBeth Sherrin, ALM, MEd*
- 6. FDA-approved Obesity Medications: Evaluating My Options**  
*Christopher D. Still, DO, FACN, FACP*
- 7. Different Approaches to Eating: Intuitive versus Scheduled**  
*Nina Crowley, PhD, RDN, LD*
- 8. Redefining Success: Balancing Your Life and Weight Management Expectations**  
*Deborah Bade Horn, DO, MPH, FOMA*
- 9. Ask the Doc: Body Contouring after Weight-loss**  
*Joseph Michaels, MD, FACS*
- 10. Commercial Weight Management Programs: Surfing through the Evidence**  
*Sarah Muntel, RD*
- 11. Obesity Care 2016: Current and Emerging Treatments**  
*Scott Kahan, MD, MPH*
- 12. Identifying Weight Bias: Getting Educated and Taking Action**  
*Melinda J. Watman, BSN, MSN, CNM, MBA*
- 13. The Co-conspirators: Effects of Sleep and Stress on Your Weight**  
*Janine V. Kyrillos, MD, FACP*
- 14. Finding Your Center: Meditation for Beginners**  
*Abby Lentz*
- 15. Health Strategies for You and Your Family**  
*Amy Arrow Articulo, DO, FACOOG*
- 16. Ocean of Emotions: Dealing with Changing Relationships after Weight-loss**  
*Reeger Cortell, FNP*

## Saturday Breakout Educational Sessions

1:45 pm - 3:00 pm

**Breakout Sessions** *(Attendees can choose to attend either session. Pre-registration NOT required.)*

### **Achieving Health: A Look at Your Weight Management Options**

*Christopher D. Still, DO, FACN, FACP (Moderator)*  
*Maryland Ballroom A (Section 1)*

**Behavior Modification: Changing the Direction**  
*Deborah Bade Horn, DO, MPH, FOMA*

**Is Obesity Medication Right for Me?**  
*Christopher D. Still, DO, FACN, FACP*

**Breaking down the Surgical and Device Options**  
*Samer G. Mattar, MD, FACS, FRCS (Edin.), FASMBS*

### **A Hands-on Approach to Nutrition**

*Cassie I. Story, RDN (Moderator)*  
*Maryland Ballroom B (Section 2)*

**Sifting through Nutrition Advice: The Best of the Best**  
*Sarah Muntel, RD*

**"I'll Take that To-go!" Unpacking Nutrient Trends**  
*Dawn Jackson Blatner, RDN, CSSD, LDN*

**Slicin' and Dicin': Cooking Hacks and Meal Prep**  
*Cassie I. Story, RDN*

**OR**



3:00 pm - 3:45 pm

**Break – Visit EXPO Hall**  
*EXPO Hall - Maryland Ballrooms C and D*



3:45 pm - 5:00 pm

**Special Ticketed Session -  
Breaking THROUGH! Command and Discover the POWER within YOU!**  
*Merrill Littleberry, LCSW, LCDC, CCM, CI-CPT* **For Details, Turn to Page 19!**  
*Maryland Ballroom B (Section 2)*

4:00 pm - 5:00 pm

**The “ALL” Approach to Exercise: A Mix of Motivation, Demos and Fun – FOR ALL!**  
**Open to All Attendees, Sign-ups NOT Required** - Led by: *Robanne Robin*  
*Maryland Ballroom A (Section 1)*

**About this Event:** When you think about exercise, do you find yourself feeling exhausted or defeated immediately? Maybe you’ve found yourself saying, “Exercise just isn’t for me,” or, “I just don’t have time to exercise; I am really busy.” These thoughts are pretty common, but we want them to be uncommon and show you just how you can fall in love with exercise!

**Join-in this unique session in which ALL attendees are invited to take part... afterall, Exercise is for All!** This NEW Convention session will be led by registered nurse, exercise specialist and all-out exercise cheerleader, Robanne Robin! Robanne’s journey is a testament to how exercise can truly transform your life, but you may be surprised to learn just what it took to get her there. In this unique session, you will have the opportunity to get motivated about exercise, learn how to make small and big changes in your everyday life, and how to, most importantly, incorporate the FUN in it all!

Don’t worry – Robanne promises not to make you sweat, so no need to change into official exercise clothes to take part. But, comfortable shoes are a good idea to help you try the demos. And, the best part is that there is no pressure for you to get up and take part in the demos – if you want to try-out what’s demonstrated, GREAT! If not, that’s great, too – you can just take it all in! If you are not participating in the “Break THROUGH” session, please join us for the motivation and FUN that we have planned!

5:30 pm - 6:15 pm

**Saturday Afternoon Group Exercise Classes**  
*Maryland Ballroom 1, Maryland Ballroom 2-3, and Gaylord Fitness Center*

7:30 pm - 9:00 pm

**OAC’s 5<sup>th</sup> Annual Awards Reception**  
*Maryland Ballrooms B and 4-6 (attendees will enter this event from Maryland Ballroom 4)*

## Sunday, August 28

7:30 am

**ENGAGE! OAC’s Advocacy March Check-in**  
*Maryland Ballroom A*

8:00 am

**ENGAGE! OAC’s Advocacy March**  
*Maryland Ballroom A*