



2023 (VIRTUAL)

ANNUAL CONFERENCE

for healthcare professionals

JUNE 8TH DAY ONE



FROM HEAD TO TOE: Nutrition for the Mind & Body

9:00-9:15am **OPENING REMARKS**



JUNE 9TH DAY TWO

9:15-10:30am **KEYNOTE**

THE ROLE of NUTRITION in the
GUT-MICROBIOTA-BRAIN AXIS
DOUG COOK, MHSc, RDN



9:00-10:00am
ANNUAL GENERAL MEETING
PCDA MEMBERS ONLY

10:00-10:15am **OPENING REMARKS**

10:30-11:30am
PEDIATRIC - EATING with EASE
JENNY FRIEDMAN, MHSc, RDN



10:15-11:15am
CANCER BITES
JEAN LaMANTIA, RD

MUAC MALNUTRITION SCREENING - ABBOTT

11:30am - 12:00pm
EXCELLENCE AWARDS
PRIMARY CARE DIETITIANS' ASSOCIATION



11:15am - 12:00pm
PCDA TOOLKIT SPOTLIGHT
DIET & MENTAL HEALTH

LUNCH BREAK 12:00-1:00pm

1:00-2:00pm
SPORTS NUTRITION
BEN SIT, RD



1:00-2:00pm
BODY POSITIVITY
KIMMIE SINGH, MS, RD

2:00-3:00pm
NEWCOMERS COOKING TOGETHER
CHRISTINA TRAN, MPH, RD



2:00-3:00pm
2023 NUTRITION TRENDS
KRISTA KOLODZIEJZYK, MPH, RD

Please be sure to complete the survey to receive a certificate.



3:00-3:30pm **CLOSING REMARKS**

www.primarycaredietitianassociation.org

The PCDA acknowledges that our conference is being broadcast from the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and that this land is home to many diverse First Nations, Inuit and Métis peoples.