



Primary Care Dietitians' Association ANNUAL CONFERENCE **AGENDA** 2026

DAY 1: JUNE 18, 2026

9:00

AM | EST

OPENING REMARKS & LAND ACKNOWLEDGMENT

Ekta Amarnani, RD, MSc., President & Chair
Primary Care Dietitians' Association

9:20

AM | EST

KEYNOTE - THE ROLE OF THE PRIMARY CARE RDS IN SUPPORTING THOSE EXPERIENCING FOOD INSECURITY

Amy MacDonald, RD

10:20

AM | EST

LATEST EVIDENCE ON THE NUTRITIONAL MANAGEMENT OF PRE-DIALYSIS CKD

Arti Parpia, RD, CDE
Kidney Nutrition

11:25

AM | EST

HYPNOTHERAPY FOR IBS MANAGEMENT

Luke Chao, Consulting Hypnotist and Instructor
The Morpheus Clinic for Hypnosis

12:25 PM UPDATES + TRIVA

12:30 PM LUNCH

1:05PM STRETCH BREAK

1:15

PM | EST

NUTRITION CARE FOR MEDICALLY COMPLEX PATIENTS: FROM DIAGNOSIS TO END OF LIFE

Max Seider, MSc., RD, CDE
Max Seider Nutrition

2:15

PM | EST

NUTRITIONAL MANAGEMENT OF CONCUSSIONS AND BRAIN HEALTH

Krystal Merrells, RD

3:15

PM | EST

NUTRITION FOR NEURODIVERGENCE IN PEDIATRICS

Jackie Silver, MHS, RD
Jackie Silver Nutrition

4:20

PM | EST

CLOSING REMARKS

Ekta Amarnani, RD, MSc., President & Chair
Primary Care Dietitians' Association





Primary Care Dietitians' Association ANNUAL CONFERENCE **AGENDA** 2026

DAY 2: JUNE 19, 2026

9:00
AM | EST

OPENING REMARKS

Ekta Amarnani, RD, MSc., President & Chair
Primary Care Dietitians' Association

9:15
AM | EST

MULTIDISCIPLINARY APPROACHES TO ARRHYTHMIA MANAGEMENT: INTEGRATING CLINICAL PERSPECTIVES FOR PATIENT-CENTRED CARE

Leslie Van Zelst-Lempp, HBHK, R.Kin, ACSM-CEP
Anna Skomorovskaia, MSW, RSW, Psychotherapist, RD, CDE
Alexa Sutherland, RCT, CHWC



10:20
AM | EST

QUEER-AFFIRMING LENS ON HEALTH AND NUTRITION

Craig Pacheco, RD, MPH
Gordon Ly, MHLP, RD
Queerly Nutrition

11:25
AM | EST

POSTER PRESENTATIONS/SPONSORS SHOWCASE

12:00PM LUNCH + NETWORKING



1:35
PM | EST

BEYOND THE SCALE: RETHINKING OUTCOMES AND EXPECTATIONS WITH GLP-1/GIP THERAPIES

Jennifer Brown, MSC., RD, CBE
Obesity Canada

2:35
PM | EST

SLEEP, INSOMNIA, AND CARDIOMETABOLIC HEALTH

Dr. James Kim, MBBCH, PgDip (Diabetes), MScCH(HPTE)
Diabetes Canada and the University of Calgary

3:45

CLOSING REMARKS AND RAFFLE PRIZE DRAW

Ekta Amarnani, RD, MSc., President & Chair
Primary Care Dietitians' Association

PM | EST

www.primarycaredietitianassociation.org

