

## **New Frontiers in Lifestyle Intervention: Opportunities to Transform Health Through Inter-Professional Collaboration**

**Date:** Saturday, April 21, 2018.

**Location:** Phoenix Biomedical Campus, 425 N. 5<sup>th</sup> Street, Phoenix, AZ  
**Room B102** (Main Conference Room) **Room C104** (Overflow with live streaming)

### **SCHEDULE:**

- 7:30-8:00 Check- in (Coffee and Tea Available)
- 8:00-8:15 Introduction to Conference: Robert Trotter, PhD
- 8:15-9:15 Looking Under the Hood: Essential Lab Work for Optimal Health  
**Sam Pappas, MD**
- 9:15-9:30 Questions and Answers
- 9:30-10:30 Dietary Supplements: Which are the Must-Haves?  
**Carol S. Johnston, PhD, RD**
- 10:30-10:45 Questions and Answers
- 10:45-11:00 Break
- 11:00-12:00 Enhancing Population Health, Reducing Health Inequities and Preventing Chronic Disease: Sleep, One of the Most Ignored Lifestyle Behaviors  
**Megan Petrov, PhD**
- 12:00-12:15 Question and Answers
- 12:15-1:15 **Lunch (Provided)**
- 1:15-2:15 From Behavior to Biology and Back Again: Linkages between Physical Activity, Neurocognition and Genomics  
**Angela Bryan, PhD**
- 2:15-2:30 Questions and Answers
- 2:30-2:45 Break
- 2:45-3:45 Avoiding the Wellness “Fastball: Cultivating Health and Mitigating Risk Without Breaking the Bank  
**Jennifer Gamboa, PT, DPT, OCS**
- 3:45-4:00 Questions and Answers
- 4:00 Post Course Evaluations