



## Thursday, January 25

10 am – 3 pm	Exhibitor Check-in and Set Up	Pelican/Heron - 3rd Floor
1 pm – 5 pm	Attendee Registration and Check-in	Pelican/Heron - 3rd Floor
<b>Metabolic Health Summit Opening Session and Keynote Lecture</b>		
5 pm – 5:30 pm	Welcome Remarks by MHS Hosts	Dunes Ballroom - 1st Floor
5:30 pm – 6:30 pm	Keynote Lecture: Valter Longo, PhD, University of Southern California – <i>Fasting Mimicking Diets in Disease Prevention and Treatment</i>	Dunes Ballroom - 1st Floor
6:30 pm – 8:30 pm	Welcome Reception, Book Signing, MHS Expo Kickoff and Dry Farm Wines Tasting	Dunes Ballroom Foyer - 1st Floor

## Friday, January 26

6:30 am – 7:15 am	Beach Yoga (in-person only; pre-registration required)	On beach
8 am – 9 am	Late Attendee Registration and Check-in	Pelican/Heron - 3rd Floor
7:45 am – 6 pm	MHS Expo	Dunes Ballroom Foyer - 1st Floor
<b>Metabolic Therapies for Neurological Disorders Symposium (CME)</b>		
8 am – 8:45 am	Abbi Hernandez, PhD, University of Alabama Birmingham – <i>Targeting the Gut-Brain-Axis in Aging and Alzheimer's Disease</i>	Dunes Ballroom I-III - 1st Floor
8:45 am – 9:30 am	Kaja Falkenhain, PhD, Pennington Biomedical Research Institute – <i>Ketones in a Bottle: Can We Use Exogenous Ketone Supplements to Improve Cognition?</i>	Dunes Ballroom I-III - 1st Floor
9:30 am – 10:15 am	Kelly Faltersack, RDN, University of Wisconsin Health – <i>Utilizing the Power of Ketogenic Metabolic Therapy for Adults with Epilepsy</i>	Dunes Ballroom I-III - 1st Floor
10:15 am – 11 am	Christopher Palmer, MD, Harvard Medical School – <i>Brain Energy: The Metabolic Theory of Mental Illness</i>	Dunes Ballroom I-III - 1st Floor
11 am – 11:30 am	Panel and Round Table Discussion - All Speakers	Dunes Ballroom I-III - 1st Floor
<b>Implementing Ketogenic Metabolic Therapy in the Clinic (CME)</b>		
12 pm – 1 pm	Kelly Faltersack, RDN and Franziska Spritzler, RDN – <i>Implementing Ketogenic Therapies: How to Adapt Your Approach for Neurological vs. Metabolic Conditions</i>	Dunes Ballroom I-III - 1st Floor
<b>Metabolic Therapies for Cancer Symposium (CME)</b>		
1:15 pm – 2 pm	Jocelyn Tan, MD, University of Pittsburgh – <i>Ketogenic Diet in Cancer</i>	Dunes Ballroom I-III - 1st Floor
2 pm – 2:45 pm	Tomas Duraj, MD, PhD, Boston College – <i>Metabolically Supported Oncology Care: From Theory to Clinical Application</i>	Dunes Ballroom I-III - 1st Floor
2:45 pm – 3:30 pm	Ezequiel Dantas, MD, PhD, Weill Cornell Medicine – <i>Improving Efficacy of PI3K Inhibitors in Cancer</i>	Dunes Ballroom I-III - 1st Floor
3:30 pm – 4 pm	Chad Vanags, Becoming Elite – <i>Why I Don't Trust You &amp; How We Can Fix It</i>	Dunes Ballroom I-III - 1st Floor
4 pm – 4:30 pm	Panel and Round Table Discussion - All Speakers with Special Guest Sheila Dean, DSc, RDN	Dunes Ballroom I-III - 1st Floor
<b>Metabolic Psychiatry (CME)</b>		
8 am – 8:30 am	Iain Campbell, PhD, University of Edinburgh – <i>A Pilot Study of Ketogenic Diet for Bipolar Disorder</i>	Dunes Ballroom IV-V - 1st Floor
8:30 am – 9 am	Matt Baszucki, Bipolar Cast – <i>Bipolar Illness &amp; Metabolic Health: My Story</i>	Dunes Ballroom IV-V - 1st Floor
9 am – 9:30 am	Panel and Round Table Discussion - All Speakers with Special Guest Christopher Palmer, MD	Dunes Ballroom IV-V - 1st Floor
<b>Exercise Physiology and Metabolic Health (CME)</b>		
9:45 am – 10:45 am	Jeff Volek, PhD, The Ohio State University – <i>Exploring the Keto-Adapted Phenotype: Focus on Muscle</i>	Dunes Ballroom IV-V - 1st Floor
10:45 am – 11:15 am	Panel and Round Table Discussion with Jeff Volek, MD and Tommy Wood, MD, PhD	Dunes Ballroom IV-V - 1st Floor
<b>Special Interest Forums (Hosted by Partner Presenters)</b>		
<i>Mitochondrial Function in Metabolic Health (Hosted by Timeline Nutrition)</i>		
11:45 am – 1:15 pm	Nasha Winters, ND and JJ Virgin, CNS, BCHN, EP-C	Dunes Ballroom IV-V - 1st Floor
<i>BioMolecular Athlete: Advanced Tools for Enhancing Human Performance (Hosted by Genova Diagnostics)</i>		
1:15 pm – 2:45 pm	Andy Galpin, PhD	Dunes Ballroom IV-V - 1st Floor
<i>Restoring Metabolic Health with Healthspan—Enhancing C15:0, The First Essential Fatty Acid Discovered in 90 Years (Hosted by fatty15)</i>		
2:45 pm – 3:30 pm	Stephanie Venn-Watson, DVM, MPH	Dunes Ballroom IV-V - 1st Floor
<i>Scientific Poster Session Kick Off: Improving Adherence to Ketogenic Therapies Utilizing Biofeedback and a Remote Care Platform (Hosted by Keto-Mojo)</i>		
3:30 pm – 4 pm	Jessica Ernst, MS, RD, CSP, LD	Dunes Ballroom IV-V - 1st Floor

<b>Friday, January 26 (continued)</b>	<b>Metabolic Meetups</b>		
	9 am - 10:30 am	Metabolic Meetup - Open Networking	Pelican/Heron - 3rd Floor
	11 am - 12:30 pm	Metabolic Meetup - Patients and Caregivers	Pelican/Heron - 3rd Floor
	1 pm - 2:30 pm	Metabolic Meetup - Business and Industry/Entrepreneurs	Pelican/Heron - 3rd Floor
	3 pm - 4:30 pm	Metabolic Meetup - Researchers and Academics	Pelican/Heron - 3rd Floor
	<b>Friday Evening Special Events</b>		
	4 pm - 7 pm	MHS Scientific Poster Session (Hosted by Keto-Mojo)	Sandpiper I-II - 2nd Floor
4:30 pm - 6 pm	Reception and MHS Expo (Expo Hall)	Dunes Ballroom Foyer - 1st Floor	
7 pm - 9:30 pm	VIP Mixer (Ticketed Event)	Pool deck (outside)	

<b>Saturday, January 27</b>	6:30 am - 7:15 am	Beach Yoga (in-person only; pre-registration required)	On beach
	7:45 am - 5:30 pm	MHS Expo	Dunes Ballroom Foyer - 1st Floor
	<b>Metabolic Therapies for Metabolic Disease Symposium (CME)</b>		
	8 am - 8:45 am	Peter Crawford, MD, PhD, University of Minnesota – <i>Protective Interorgan, Intercellular, and Intercompartmental Metabolite Shuttles in Obesity</i>	Dunes Ballroom - 1st Floor
	8:45 am - 9:30 am	Bret Goodpaster, PhD, AdventHealth Translational Research Institute – <i>Exercise as Medicine for Health and Metabolic Disease</i>	Dunes Ballroom - 1st Floor
	9:30 am - 10:15 am	Andrew Koutnik, PhD, Sansum Diabetes Research Institute – <i>Diabetes: Nutrition &amp; Cardiometabolic Health</i>	Dunes Ballroom - 1st Floor
	10:15 am - 11 am	Franziska Spritzler, RDN, Low Carb Dietitian LLC – <i>Implementation of Ketogenic and Low-Carbohydrate Therapies for Metabolic Disease</i>	Dunes Ballroom - 1st Floor
	11 am - 11:30 am	Panel and Round Table Discussion - All Speakers	Dunes Ballroom - 1st Floor
	<b>Optimizing Metabolic Health Symposium</b>		
	12:30 pm - 1:15 pm	Ben Bikman, PhD, Brigham Young University – <i>Fat: Why it Matters and What to Do About It</i>	Dunes Ballroom - 1st Floor
	1:15 pm - 2 pm	Jonathan Jun, MD, Johns Hopkins University – <i>Ketogenic Diets: Applications for Respiratory Disorders</i>	Dunes Ballroom - 1st Floor
	2 pm - 2:45 pm	Richard Johnson, MD, University of Colorado – <i>A Biological Switch that Drives Obesity, Diabetes and Dementia</i>	Dunes Ballroom - 1st Floor
	2:45 pm - 3 pm	Dave Feldman, University of California Los Angeles – <i>LMHR Study and Miami Heart: A Comparison Analysis</i>	Dunes Ballroom - 1st Floor
	3 pm - 3:15 pm	Nick Norwitz, PhD – <i>Cookies &amp; Cholesterol Controversy: Testing the Lipid Energy Model &amp; Provoking Scientific Discourse</i>	Dunes Ballroom - 1st Floor
	3:15 pm - 3:45 pm	Panel and Round Table Discussion - All Speakers	Dunes Ballroom - 1st Floor
	<b>Roundtable Discussion on Allulose (Hosted by RxSugar)</b>		
	3:45 pm - 4:45 pm	Roundtable Discussion on Allulose with Expert Guests Dominic D'Agostino, PhD, Richard Johnson, MD, Andrew Koutnik, PhD, Jeff Volek, PhD and Ben Bikman, PhD	Dunes Ballroom - 1st Floor
	<b>Virtual Presentations</b>		
	3:45 pm - 4:45 pm	Sara Gottfried, MD, Thomas Jefferson University Hospital – <i>Our Metabolic Crisis</i>	Pelican/Heron - 3rd Floor
	4:45 pm - 5:30 pm	Iñigo San Millán, PhD, University of Colorado – <i>The Role of Mitochondrial Function in Metabolic Health</i>	Pelican/Heron - 3rd Floor
	<b>Metabolic Meetups</b>		
	9 am - 10:30 am	Metabolic Meetup - Patients and Caregivers	Pelican/Heron - 3rd Floor
	11 am - 12:30 pm	Metabolic Meetup - Healthcare Providers	Pelican/Heron - 3rd Floor
1 pm - 2:30 pm	Metabolic Meetup - Dietitians and Nutritionists	Pelican/Heron - 3rd Floor	
3 pm - 4:30 pm	Metabolic Meetup - Physicians	Pelican/Heron - 3rd Floor	
<b>Saturday Evening Special Events</b>			
4:15 pm - 4:45 pm	Dry Farm Wines Highlight	Sandpiper I-II - 2nd Floor	
5 pm - 6 pm	Virtual Poster Session	Virtual Platform	
6 pm - 7 pm	Cocktail Hour (Gala Dinner guests only)	Dunes Ballroom - 1st Floor	
7 pm - 11 pm	Gala Dinner benefitting Non-Profits MaxLove Project and The Charlie Foundation (Ticketed Event)	Dunes Ballroom - 1st Floor	

<b>Sunday, January 28</b>	7 am - 7:45 am	Beach Yoga (in-person only; pre-registration required)	On beach
	7:45 am - 1 pm	MHS Expo	Dunes Ballroom Foyer - 1st Floor
	<b>Metabolic Health for Human Optimization and Longevity (CME)</b>		
	8:30 am - 9 am	Kristi Storoschuk, Queen's University – <i>Of Mice and Men: A Muscle-Centric Review of the Fasting Response</i>	Dunes Ballroom - 1st Floor
	9 am - 9:30 am	Anna Nicholas, MS, University of Bath – <i>Can Exogenous Ketones Help People Age Better?</i>	Dunes Ballroom - 1st Floor
	9:30 am - 10:15 am	Lily Nichols, RDN, Women's Health Nutrition Academy – <i>Metabolic Health Starts In Utero</i>	Dunes Ballroom - 1st Floor
	10:15 am - 11 am	Kyle Gillett, MD, Gillett Health – <i>Hormone Health for Performance &amp; Longevity</i>	Dunes Ballroom - 1st Floor
	11 am - 11:45 am	Tommy Wood, MD, PhD, University of Washington – <i>Demand-Driven Decline: A Systems-Based Model for Dementia Prevention</i>	Dunes Ballroom - 1st Floor
	11:45 am - 12:15 pm	Panel and Round Table Discussion - All Speakers	Dunes Ballroom - 1st Floor
	12:15 pm - 12:30 pm	Closing Remarks by MHS Hosts	Dunes Ballroom - 1st Floor