

2026 ANNUAL NUTRITION CONVENTION AND EXPOSITION

DAY-AT-A-GLANCE
Thursday, March 26th 7:00 AM - 5:00 PM

All sessions are eligible for MA licensure credit except those with an asterisk (*)

7:00-7:30	Registration & Breakfast: Main Lobby Level			
7:30-8:00	Exhibits: Grand Ballroom Foyer & Lower Conference Level Posters: Event Entrance			
	Breakout Session 1 Sovereign Room	Breakout Session 2 Venetian Room	Breakout Session 3 Imperial Room	Breakout Session 4 Commons A Room
8:10-9:10	Chrononutrition in Practice: Meal Timing from Clinic to Bedside Hassan S Dashti, Ph.D., RDN (Level 2)	Bridging the Gap: Integrating Endobariatrics into Obesity Care Olivia Ford MS, RDN, LDN	Fueling the Future: Fresh Updates on School Nutrition in Massachusetts* Sarah Littmann, MS, RDN, SNS	Exercise Training and the Female Athlete: Optimizing Fueling Around the Menstrual Cycle Jessica G. Anderson, MS, RDN, CSSD, LD, ACSM EP-C
9:20-10:30	President's Address: Rob Dunn, RDN, LDN, CNSC Keynote Address: Leading with Courage* AND CEO Wylecia Wiggs Harris, PhD, CAE Grand Ballroom			
10:30-11:00	Exhibits: Grand Ballroom Foyer & Lower Conference Level Posters: Event Entrance			
11:10-12:10	The Microbiome Connection: Translating Research into Clinical Practice for Dietitians Christianna Moran, MS, RDN, LDN	GLP-1 Receptor Agonists and Eating Disorders: Clinical Insights Through Case Studies Karin Evans, PhD, RDN, CHES (Level 2)	Is AI Smarter Than a Dietitian?* Caroline Kohler, MS, RDN, LDN, CLC	Nourishing Neurodiversity: Providing Affirming Nutrition Care for Adults with ADHD, ASD, and Beyond Kate Mitchell, RDN, LDN
12:10-1:10	Lunch & Awards Grand Ballroom			
1:10-1:40	Exhibits: Grand Ballroom Foyer & Lower Conference Level Posters: Event Entrance			
1:40-2:40	The GLP-1 Care Continuum: RD Guidance from Initiation to Long Term Success Melissa Mitri, MS, RDN	Assessing Bloating and Distention with an Eye for Eating Disorder Risk Emily Arkin, MS, RD, LD, CSDH	Protein and Health: Balancing Quality, Quantity and Composition for Optimal Nutrition Leslie Bonci, MPH, RDN, CSSD, LDN, FAND (Level 2)	Beyond the Clinic: Equipping Dietitians to Address Food Insecurity Rachel Burgun, MPH, RDN, LDN Laura Ortiz, MS, RDN, LDN
2:50-3:50	From 500 Pages to Practice: Unpacking the Dietary Guidelines Scientific Report and Dietary Guidelines for Americans Teresa Fung, ScD, RDN	Check Your Weight Bias at the Door: Goal Weight Setting in Eating Disorder Care Nathalia Trees, MS, RDN, CEDS-C Rachel S-D Fortune, MD, FAAP, CEDS	Is Alzheimer's Truly Type 3 DM? Exploring Its Link with T2DM and Clinical Insights for Prevention Sangeeta Pradhan, M.Ed., RDN, LDN, CDCES (Level 2)	Can Cooking Be Healthcare? The Emerging Role of Culinary Nutrition in Dietetics Practice* Gabrielle Simons, MS, RDN, LDN and Christina Vollbrecht, MA, MS, RDN, LDN
4:00-5:00	Networking Reception: Malone's Restaurant			