

# canfitpro GLOBAL

## Nutrition

Friday, August 9



Ses#	Start	End	Session Name	Type	Sponsor	Presenter
1104	8:15AM	9:30AM	Riding the Wave of "Hormone Toxicity" with Confidence and Grace	L		Kelly Nolan
1121	8:15AM	9:30AM	Weight Loss, Recovery & Performance	L		Udo Erasmus
1502	12:15PM	1:00PM	Food Psychology 101	L		Melody Schoenfeld
1505	1:15PM	2:00PM	Nutritional Protection Against Breast Cancer	L		Alisa Herriman
1221	1:30PM	3:00PM	Anti-Inflammatory Eating	L		Andy De Santis
1511	3:15PM	4:00PM	A Trio of Unsung Heroes in Fitness and Health	L		Udo Erasmus
1313	3:30PM	5:00PM	Nutrition for Neurodivergent Clientele	L		Bianca Cordeiro
1321	3:30PM	5:00PM	Seasonal Detox	L		Alisa Herriman
1305	3:45PM	5:15PM	Optimizing Nutrition for Men Over 40	L		Funk Roberts
1514	4:15PM	5:15PM	Unlocking Sustainable Fat Loss: The 5 Essential Keys	L		Ken Sylvan

L = Lecture; W/S = Workshop; W/O = Workout; P = Panel, C = Competition

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## Nutrition

**Saturday, August 10**

Ses#	Start	End	Session Name	Type	Sponsor	Presenter
2502	10:15AM	11:00AM	Male Andropause: Suffering In Silence	L		Kelly Nolan
2504	11:15AM	12:00PM	Artificial Sweeteners – The Good, The Bad and The Ugly	L		Rob Dickson
2506	12:15PM	1:00PM	Embracing Plant-Based Fitness for Thriving Health	L		Magdalena Kordiuk
2302	1:00PM	2:30PM	The Truth about Fats, Seed Oils, and Omega-6 in Health and Fitness	L		Udo Erasmus
2305	1:00PM	2:30PM	Navigating Peri-Menopause and Menopause: Be Ready!	L		Kelly Nolan
2508	1:15 PM	2:00 PM	Eating Clean Is Eating Green - Fostering Social Responsibility Through Nutrition	L		Tosca Reno
2402	3:00PM	4:30PM	Gut Microbiome and Fitness	L		Dr. Jennifer Tang
2420	3:00PM	4:30PM	Nutrition Communication for Health Professionals	L		Stephanie Small
2512	3:15PM	4:15PM	Gut-Brain Nutrition and Mental Health	L		Dr. George Makrides
1514	4:15PM	5:15PM	Unlocking Sustainable Fat Loss: The 5 Essential Keys	L		Ken Sylvan

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