

Health on the Horizon Schedule

Wednesday, August 12, 2026

6:30 PM - 8:30 PM

Registration Check-In - Grand Foyer

Thursday, August 13, 2026

BREAKOUT ROOMS	Porter-DeVeaux Room	Red Jacket Room	Governors Ampitheater	Olmsted Room
8:00 AM - 9:00 PM	Registration Check-In - Grand Foyer			
9:00 AM - 9:45 AM	Welcome Message with Rick Danforth - Cascades Ballroom			
10:00 AM - 10:45 AM	From Wishful Thinking to Winning: The SMARTER Way to Reach Your Goals with Dr. Jaime Hope	Morning Stretch & "Ask Me Anything" with Rachel Werner (virtual)	Color Me Confident with Sue Wedsworth	Zumba Gold with Karen McCue
11:00 AM - 11:45 AM	The Power of Your Voice: Driving Change Through Advocacy with Joe Nadglowski	Food Noise, GLP-1s, and the Missing Piece No One Is Talking About with Jillian Scott	Color Me Confident with Sue Wedsworth	Chair Yoga with Karen McCue
12:00 PM - 2:00 PM	Lunch Break			
2:00 PM - 2:45 PM	Understanding Weight Bias and Its Impact with Joe Nadglowski - Cascades Ballroom			
3:00 PM - 3:45 PM	Menopause Muffin Top and Your Metabolism: What's Really Happening and What You Can Do About It with Dr. Vaidehi Patel	The 8PM Wall: Why Willpower Fails at Night (and The Science of Emotional Escape) with Jillian Scott	The Transformative Power of Strength Training, Movement and Healthy Eating with Age: Research Findings and Impacts from the StrongPeople/StrongWomen Programs with Meredith Graham	Pause, Breathe, Connect: Chair Yoga and Mindful Presence for Everyday Well-Being with Dr. Alisha Lall
4:00 PM - 4:45 PM	Small Shifts, Big Results: 5 Changes That Can Transform Your Health, Weight and Life with Dr. Jaime Hope - Cascades Ballroom			
6:00 PM - 11:00 PM	Banquet Dinner			

Friday, August 14, 2026

BREAKOUT ROOMS	Porter-DeVeaux Room	Red Jacket Room	Governors Ampitheater	Olmstead Room
8:00 AM - 8:30 AM	Walk With a Doc with Dr. Alisha Lall (OPTIONAL) - Meet in Grand Foyer at 8 AM			
9:00 AM - 9:45 AM	Your Health, Your Voice: Building Better Conversations with Your Health Care Team with Dr. Ian Patton - Cascades Ballroom			
10:00 AM - 10:45 AM	From Wishful Thinking to Winning: The SMARTER Way to Reach Your Goals with Dr. Jamie Hope	Become a TOPS Ambassador with Kyra Topetztes & Grace Kummerfeldt	Lymphedema and Lymphatic Health with Karli Maciejewski & Samantha Herendeen	Laughter Yoga with Jennifer May

11:00 AM - 11:45 AM	Pause, Breathe, Connect: Chair Yoga and Mindful Presence for Everyday Well-Being with Dr. Alisha Lall	The Benefit of Balancing Macros: Resisting Restriction in a Protein-Driven Culture with Selina Uglow	Lymphedema and Lymphatic Health with Karli Maciejewski & Samantha Herendeen	Laughter Yoga with Jennifer May
12:00 PM - 2:00 PM	Lunch Break			
2:00 PM - 2:45 PM	Three Step Stride with Holly Hoffman	The Benefit of Balancing Macros: Resisting Restriction in a Protein-Driven Culture with Selina Uglow	Tired of Being Tired: Why You Keep Waking Up Exhausted (And How to Finally Fix It) with Dr. Vaidehi Patel	The Transformative Power of Strength Training, Movement, and Healthy Eating with Age: Research Findings and Impacts from the StrongPeople/StrongWomen Programs with Meredith Graham
3:00 PM - 3:45 PM	The Hidden Bond: How Toxic Relationships Shape Our Relationship with Food with Jillian Scott	Nourish, Create, Connect: A Culinary Medicine Experience for Everyday Health with Dr. Alisha Lall	Bloated, Backed Up & Belly Fat: What Your Gut Is Trying to Tell You with Dr. Vaidehi Patel	The Transformative Power of Strength Training, Movement, and Healthy Eating with Age: Research Findings and Impacts from the StrongPeople/StrongWomen Programs with Meredith Graham
4:00 PM - 4:45 PM	The Survivor Way with Holly Hoffman - Cascades Ballroom			
5:00 PM - 5:45 PM	A New Horizon for Primary Care: Transforming Healthcare Through Lifestyle Medicine with Dr. Alisha Lall - Cascades Ballroom			
7:30 PM - 9:30 PM	Bingo Night - Cascades Ballroom			
Saturday, August 15, 2026				
9:00 AM - 9:45 AM	Stress, Cortisol and the Scale: Why Calming Your Nervous System is a Weight Loss Strategy with Dr. Vaidehi Patel - Cascades Ballroom			
10:00 AM - 10:45 AM	Separating Fact from Fiction: What We Really Know About Weight Loss with Vidya Kidambi - Cascades Ballroom			
11:00 AM - 11:45 AM	Closing Roundtable - Cascades Ballroom			
12:00 PM - 1:00 PM	Farewell + Raffle Winner Drawing			