

MiAND Recordings for Sale

Alphabetical Listing

5 Tips for Creating Sustainable Weight Loss With your Patients

Erin Dunny, RD

Original session date: 5/5/2023

According to data from NHanes, it is predicted that by 2030, 51% of U.S. adults will have obesity. It is estimated that \$147 billion dollars are spent each year on obesity-related costs and about 45 million Americans go on diets annually, spending \$33 billion dollars on weight loss products. This presentation is meant to discuss the latest peer-reviewed research and explore how you can use a functional medicine approach to help your clients succeed with long-term fat loss.

About the Presenter

Erin Dunny specializes in using a functional medicine approach to chronic disease management as she coaches and supports patients struggling with chronic illness.

A Look Inside the Medicine Cabinet: Medications and treatment Algorithms for Type 2 Diabetes

Bethany Muma, PharmD, BCACP

Original session date: 5/12/2022

Attendees will be provided with an overview of the pathophysiology of type 2 diabetes and how each class of medication works to treat this disease process. The application of guideline-based treatment algorithms in clinical practice, as well as the evolving role of diabetes medications in other disease states, will also be discussed.

About the Presenter

Dr. Muma completed her pharmacy degree at Butler University and her residency training at Mission Hospital in Asheville, NC. She is a Board-Certified Ambulatory Care Pharmacist and currently works for Bronson Healthcare Group in Kalamazoo.

A Practitioner's Guide to Small Intestinal Bacterial Overgrowth (SIBO)

Alicia Galvin, MEd, RD, LD, IFNCP

Original session date: 11/11/2022

While not a new condition, Small Intestinal Bacterial Overgrowth (or SIBO) is rapidly gaining attention within the medical and dietetic community, and most practitioners will encounter this condition in their patient populations. Despite this, research is still emerging. During this presentation, we will discuss the most up-to-date information regarding the impact of SIBO within an individual, how to intervene nutritionally, and provide clinical pearls to help clinicians feel more confident in working with this condition.

About the Presenter

Alicia Galvin MEd, RD, LD has practiced in the Dallas/Fort Worth area since 2010 with an emphasis on GI health, therapeutic diets, wellness, and autoimmunity. She has always had a fascination with the way food and nutrition influence health and currently practices as an integrative and functional dietitian who helps patients develop customized solutions that empower them to take control of their health challenges.

Accessory Nutrition Considerations for Cardiovascular Disease

Andrea Woolley, MA, RDN

Original session date: 1/26/2024

Join us for a presentation exploring additional nutrition therapies for cardiovascular disease. Become acquainted with current research related to flavonoids, plant sterols and stanols, soy products, other phytonutrients and their role as nutrition therapies in heart disease. This presentation will go far beyond the Mediterranean or DASH meal plans.

About the Presenter

Andrea Woolley started her career at Bronson Battle Creek Hospital as an inpatient dietitian while also working in the Heart Failure Clinic within the hospital. Andrea now works at Bronson Methodist Hospital and Bronson Cardiac Rehabilitation as a clinical outpatient dietitian.

Advanced Practice in Treatment of Eating Disorders

Allison Reed, RD

Original session date: 5/4/2023

Mental health diagnoses, including eating disorders, have been on the rise since the COVID-19 pandemic. As a result, dietitians are increasingly sought after to provide assistance and expertise in this area of nutrition practice. You will learn advanced practice counseling strategies to identify, treat, motivate, and determine appropriate level of care for patients with eating disorders.

About the Presenter

Allison Reed is owner of Crossroads Nutrition Therapy LLC. She specializes in eating disorders, mindful and intuitive eating, and the non-diet approach to health management.

Beyond Cultural Competence: How Diversity Can Improve Your Practice and Strengthen Your Teams

Tamara Melton, MS, RDN, LD

Original session date: 10/21/2022

Research has shown that diversity in all forms improves outcomes, increases patient and client satisfaction and strengthens teams. Attendees will learn how they can provide higher quality care by incorporating practical culturally sensitive strategies in their practice, no matter their specialty area. The speaker will also discuss approaches to growing and nurturing diverse, collaborative teams.

About the Presenter

Tamara is the co-founder and Executive Director of Diversify Dietetics, a 501(c)3 nonprofit organization with a mission to increase the racial and ethnic diversity in the field of nutrition by empowering nutrition leaders of tomorrow. At Diversify Dietetics, Tamara leads a team of diverse and dedicated nutrition professionals and students who provide resources such as mentorship programs, application preparation, academic course remediation, scholarships and more to BIPOC dietetics students, interns and young professionals. Tamara also leads the development and delivery of training for dietetics educators and preceptors. These trainings teach strategies and skills needed to support diverse students in dietetics programs.

Building Resilient Food Systems for Institutions

Grant Fletcher, System Director, Healthy Living & Sustainability

Resilient food systems guarantee reliable access to high-quality, nutrient-dense foods, with minimal impact to the natural environment, and ensure livable wages across the supply chain, from farm to freezer. This session will explore how institutional food environments can enhance the food system and improve the quality of life for those who rely upon it through responsible sourcing, thoughtful menu planning, and an optimized business model.

About the Presenter

Grant Fletcher has been a leader with Bronson Healthcare Group for more than 15 years, overseeing food & nutrition services, retail operations, athletic club(s), and environmental sustainability.

“Diabulemia” – How to Identify, Intervene, and Refer

Emily Welles, MS, RD, CDE

Original session date: 10/6/2023

Emily will discuss the co-occurring disease “Diabulimia.” This is a dangerous combination of diabetes and disordered eating behaviors. She will provide practical tools for the identification of diabulimia, interventions, and tips for referring to an expert.

About the Presenter

Emily has been working with patients struggling with mental health disorders and eating disorders for 9 years. In addition, she worked at the Spectrum Health outpatient adult diabetes clinic for 5 years. Emily specializes in eating disorders, disordered eating, and co-occurring diabetes including diabulimia. Currently, she is working at Grand Valley State University as a faculty member and supervised practice coordinator. She also owns her own virtual eating disorder practice, Emily Welles Nutrition LLC.

Embracing Change in the Work Environment-Making it work for you!

Linda Farr, RDN, CSOWM, LD, FAND

Original session date: 5/4/2023

As nutrition professionals, we work with clients daily, guiding them toward positive change for improved health and well-being. You may be someone who thrives on change and creating new paths forward, but what happens when you don't have a say in the changes you face? Change can sometimes bring resistance due to feelings of being threatened or fear of loss. Adapting to the uncertainty of change in the workplace is within your control. This session will offer ways you can positively move forward to achieve personal growth and new opportunities.

About the Presenter

Linda Farr is an experienced media resource and sought after speaker for dietetics professionals. She has been in private practice over 25 years and is a past President of the Academy of Nutrition and Dietetics.

Emerging Clinical Practice for Advanced-Level RDNs

Libby MacQuillan, PhD, RDN, CHSE; Jennifer Ford, MA, RDN; Randalynn Hajek, MPH, RDN; Takara Page, MS, RDN, CNSC

Original session date: 5/13/2022

This presentation will provide training in advanced-level clinical skills included in the 2022 ACEND standards for dietetics programs, such as blood pressure measurement and nasogastric tube insertion. In addition, abdominal exam for bowel sounds and body composition assessment using imaging will be taught and demonstrated.

About the Presenters

Dr. MacQuillan is currently the Program Director of the Applied Food and Nutrition DPD program at Grand Valley State University (GVSU). Jennifer Ford is an Assistant Professor and Program Director of GVSU's Clinical Dietetics Coordinated Graduate Program. Randalynn Hajek is a faculty member at GVSU for the Clinical Dietetics and Applied Food and Nutrition programs. Takara Page is a Professor at GVSU.

Empowering Your Profession with Digital Literacy

Mia Jang, PhD

Original session date: 1/23/2023

The COVID-19 pandemic has profoundly changed how we live and work and accelerated technological innovations in many areas of our lives. Technology becomes key to healthcare for connecting with patients, providing personalized services, managing educational contents, and collaborating with others. The use of technologies will empower nutrition/dietetic professionals to get better prepared for the current and future healthcare. This webinar will provide information on useful online/mobile apps for nutritional services, promotion, management of contents, and collaboration.

About the Presenter

Mia Jang is the Founder and CEO of Health & Wellness Innovations. Her company provides a digital health technology platform, WATT, to health educators to help them deliver personalized chronic disease management programs. The company also provides research and consulting services for data analytics and business processes.

Enteric Glia: A New Player in Gastrointestinal Health and Disease

Brian Gulbransen, PhD

Original session date: 5/4/2023

The intestine has its own “brain” called the enteric nervous system that provides local control for ongoing gut functions. This presentation will focus on cellular mechanisms that control gut motility and new data which suggest that interactions between enteric neurons and the surrounding nonneuronal cells, called enteric glia, play important roles in shaping gut functions in health and disease.

About the Presenters

Dr. Brian Gulbransen is a MSU Foundation Professor in the Department of Physiology at Michigan State University and holds leadership roles in the American Gastroenterological Association and the American Neurogastroenterology and Motility Society.

Food for the Brain: Latest Link Between Nutrition and Brain Health

Jenny Overly, MS, RD

Original session date: 10/27/2023

Released in 2015, the MIND diet was one of the first comprehensive, nutrition-related strategies to improve overall brain health along with findings of decreased risk of dementia. Where are we 7+ years later? With dementia still on the rise for an aging population, how does nutrition continue to impact overall brain health? The latest research around the brain health–nutrition connection will be reviewed along with current studies assessing the impact of the MIND and Mediterranean diet approaches, as well as specific recommendations for improving brain health and the impact on dementia.

About the Presenter

As Senior Director of Nutrition and Wellness for CCL Hospitality group, Jenny has assisted with program development and implementation. One of her most significant accomplishments was assisting with and overseeing the development of the company’s signature memory care program specific to nutrition and dining initiatives.

Food Insecurity and Spending Across Age Groups: Insights from a Monthly Consumer Tracking Survey

Samuel S. Polzin, M.S.

Original session date: 5/5/2023

The Center for Food Demand Analysis and Sustainability at Purdue University surveys American adults with the goal of tracking national food security along with food behaviors, attitudes, and preferences. Data reveals that members of Gen Z experienced food insecurity at over twice the rate of the average American in 2022. Determinants like education and income are key drivers of this disparity. This survey offers a broader view of what consumers are thinking, and also discovered, differences in what consumers can afford and what food attributes are most important to them. You will be given a holistic account of the consumption behaviors differentiating Gen Z from the rest of the adult population.

About the Presenter

Sam S. Polzin is a food systems researcher who uses survey methodologies to track monthly trends in consumer food spending, food security, and other food sustainability behaviors. He currently runs the Consumer Food Insights survey project for the Center for Food Demand Analysis and Sustainability at Purdue University.

Food Insecurity in Michigan: Challenges and Opportunities

Dawn Opel, JD, PhD

Original session date: 11/17/2023

Dr. Opel will review the most recent food insecurity data sources, for the U.S. and Michigan specifically, and describe the causes and conditions that lead to food insecurity. She then discusses the complex issue of food and nutrition insecurity as a social determinant of health. Finally, the presentation will offer best practices in food access, food-is-medicine, and chronic disease self-management interventions in the clinical setting, and potential partnership opportunities across healthcare, social services, and community-based organizations.

About the Presenter

Dr. Opel is Chief Innovation Officer and General Counsel of the Food Bank Council of Michigan. A lawyer and researcher, her career has included positions in academic, nonprofit, and government sectors, and broadly, she works to build strategic partnerships for social innovation. Dr. Opel's particular focus is addressing food insecurity as a social determinant of health; particularly, developing capacity in Michigan for food-as-medicine interventions in the clinical setting. She is currently involved in the implementation and sustainability of fresh food pharmacies for chronic disease self-management in federally qualified health centers (FQHCs).

Health Equity: The Impact of Social Determinants of Health and Access to Care

Wanda D. Lipscomb, PhD

Original session date: 5/13/2022

Dr. Lipscomb will provide an overview of health equity as it relates to social determinants of health and access to care for various populations. Understanding the social and economic background of patients is critical in delivering culturally competent care. Additionally, the importance of these factors for healthcare professionals will be addressed.

About the Presenter

Dr. Lipscomb is the Senior Associate Dean for Diversity and Inclusion and the Associate Dean for Student Affairs at the Michigan State University College of Human Medicine. She is a tenured Associate Professor of Psychiatry and has served in several administrative roles at the college including Assistant Dean for Student Affairs, Associate Chairperson of the Department of Psychiatry, and Director of Admissions.

Home Tube Feeding with Blenderized Foods

Susan Hill, M.A.P.S, RD, CSO

Original session date: 5/5/2023

Homemade tube feeding formulas can be a great option for some tube-fed patients. Patients can customize formulas according to their personal preference, and it allows the patient to have more control over what is being put in their body. It can also be a cheaper alternative to commercial products. Learn how to instruct your patients on how to achieve this goal easily and safely.

About the Presenter

Susan Hill is employed by Henry Ford Cancer Institute, providing MNT in the outpatient settings of Medical Oncology, Radiation Oncology, and Surgical Oncology.

Impact of Nutrition in Substance Use Recovery

Julia Cassidy MS, RD, CEDRD-S

Original session date: 1/20/2023

Nutrition therapy for substance abuse is complex as the nutritional risks vary depending on the substance of choice. Proper nutrition and hydration are key to the substance abuse healing process because they help restore physical and mental health and improve the chance of recovery. It's vital to correct any nutritional deficiencies and address any

medical conditions, as continued malnutrition and instability increase disease risk and will produce cravings for drugs and alcohol.

About the Presenter

Julia is an experienced RD who has worked in the Behavioral Health field for almost 20 years. Julia is a Certified Eating Disorder Specialist Supervisor and a Licensed Body Positive facilitator. Julia is the current Past Chair for BHN. (Behavioral Health Nutrition, Didactic Practice Group through the Academy of Nutrition and Dietetics).

International Dysphagia Diet Standardization Initiative: Menu/Recipe Development and Quality Improvement

Kristen Firby, RDN

Original session date: 5/13/2022

If you work with patients following a dysphagia diet, this IDDSI presentation is a must to keep you up to date with all the latest recommended practices! Discover the role that a compliancy dietitian or subject matter expert can have in the recipe development and evaluation process for IDDSI. Additionally, Kristen will discuss menu planning for IDDSI with a focus on evaluating what you have, identifying potential gaps, and restructuring the menu.

About the Presenter

Kristen Firby is a Clinical Dietitian for Michigan Medicine and a member of the clinical practice Group and Food Service Systems Enhancement Committee. She is a graduate of Western Michigan University and completed her internship at the University of Michigan.

Introduction to the Pelvic Floor Patient Population

W. Saige Richardson, PT, CLT-LANA

Original session date: 5/13/2022

An introduction to pelvic floor physical therapy, with focus on GI and fecal dysfunctions, will be provided. Learn how altered muscle tone and what a person eats can lead to bowel dysfunctions. Discover screening criteria for PT referral and how PT treatment complements dietary treatment of GI disorders.

About the Presenter

W. Saige Richardson has been in the physical therapy profession for over 30 years and is the Clinic Director for Team Rehabilitation in Lansing. Since 2008, she has specialized in the treatment of patients with pelvic floor dysfunction(s).

Mast Cell Disease and MNT: An introduction to treatment considerations for a very complex condition

Bonnie Nasar, RDN

Original session date: 10/14/2022

Understanding the complexities of offering nutrition therapy to Mast Cell Disease patients is important. Disease comorbidities play an important role in determining the best plan of action for individuals. Identifying each patient's triggers is key. While there is no way to ascertain food intolerances via testing, we can use the tools available to help manage symptoms and support these patients with nutrition.

About the Presenter

Bonnie Nasar is a registered dietitian with a private practice in New Jersey. She graduated Magna Cum Laude from New York University with a Bachelor of Science in Nutrition and Food Studies and completed her Dietetic Internship through CUNY-Hunter in New York City. For over twenty years, Bonnie has been a registered dietitian-nutritionist working with every age group from babies to the elderly. After many years of navigating Mast Cell Disease with two of her four children, Bonnie decided to narrow down her nutrition practice and specialize in Mast Cell Disease, Ehlers Danlos Syndrome, Gastroparesis, and Postural Orthostatic Tachycardia Syndrome (POTS). She is a volunteer with The Mast Cell Disease Society, and a committee member of the Diet and Nutrition Working Group for The Ehlers Danlos Society International Consortium for EDS and Related Conditions.

Mediterranean Made Easy and Food Demo

Sarah A. Smith, MS, RDN

Original session date: 5/13/2022

The Mediterranean diet has long been shown to benefit one's health as a result of its plant-based eating pattern. Sarah will provide an explanation of the eating plan, discuss the conditions that can be improved by following this diet, and elaborate on specific foods that can be included within this lifestyle. Enjoy an interactive cooking demonstration in which these unique foods and flavors are brought to life and increase your knowledge when advising your clients on this particular dietary pattern.

About the Presenter

Sarah Smith is an Outpatient Dietitian at Sparrow Hospital in Lansing and Clinical Dietitian for Sparrow Homecare. She counsels outpatients regarding their nutritional needs, teaches classes in the Demonstration Kitchen, and classes in the cardiac and pulmonary rehab programs. Sarah is also becoming a regular on a local news station in the Lansing area with her segment titled "Healthy Habits" which airs monthly.

Motivational Interviewing – The Secret Ingredient in Effective Nutrition Care

Amy Schneider, MS, RD, CDCES

Original session date: 5/5/2023

During this presentation, attendees will identify at least two “practice pearls” that will serve as a step towards more effective Motivational Interviewing (MI) skills. In this interactive session, Amy will provide strategies to implement MI in all areas of dietetics—inpatient or outpatient, in-person or virtual, in group or one-on-one! Since MI is more of an art than a science, there will also be an explanation of how the learner will be able to continue their skill development beyond today's course.

About the Presenter

Amy Schneider currently works as the Clinical Lead with the Michigan Institute for Care Management and Transformation where she helps strengthen patient engagement throughout the state of Michigan.

Nutrition and Diabetes Prevention: What Current Evidence Says

Rachael McCellan, MPH, MS, RDN

Original session date: 11/3/2023

Join us for a review of the evidence and current best nutrition practices and strategies for diabetes prevention, and well-supported behavioral coaching strategies to help meet your patients/clients at risk for diabetes where they are at in their health journey and be successful.

About the Presenter

Rachael has 10+ years of experience as a dietitian, a certified personal fitness trainer, and an exercise physiologist. After working in various settings as a dietitian and fitness professional, Rachael branched out and began her private practice Personal Health Management LLC in 2022 with an overall mission of assisting clients in taking charge of their health one meal and workout at a time. She is particularly passionate about supporting parents and their families, individuals living with the challenges of diabetes and heart disease, and those who wish to improve their overall health by working on their eating and exercise habits.

Nutrition and Inflammation

Mark Thiesmeyer-Hook, MPH, MS, RD, ACE-CPT

Original session date: 1/19/2024

Inflammation touches so many chronic diseases such as diabetes, cardiovascular disease, and various forms of cancer. Learn the complex anatomical systems that contribute to inflammation specific to diet, exercise and lifestyle. Mark will demystify the complex topic of inflammation and teach actionable strategies for reversing it both in yourselves and your patients.

About the Presenter

Mark Thiesmeyer-Hook, MPH, MS, RD, ACE-CPT is currently serving as the 23-24 MiAND President. While earning his master's degrees in public health nutrition and exercise science, Mark started Better Living Fitness. Better Living helps its clients achieve better health and vitality through effective nutrition and exercise strategies. Over 24 years, Mark and his team have helped thousands of clients be stronger, healthier and more capable. In addition to being a registered dietitian nutritionist, Mark is also an exercise physiologist. He enjoys cooking, running and singing and lives with his husband, Matt, and dog, Doug, in Ann Arbor

Nutrition in Tribal Communities: The Role of the RD

Charla Gordon, MA, RD, CDCES, CHWC, CHES

Original session date: 5/13/2022

Charla has enjoyed the opportunity to work with Tribal communities throughout Michigan for over 30 years. She invites you to join her for a discussion regarding health promotion and disease prevention programming and opportunities for RDs to work with Indigenous peoples in Michigan.

About the Presenter

Charla Gordon received her bachelor's degree from Michigan State University and her master's degree from Central Michigan University. She is owner of Charla J Gordon RD Services.

Nuts and Bolts of Diabetes Self-Management Using Continuous Glucose Monitoring (CGM) and Insulin Pump Therapy: The Crucial Role of the Nutrition Professional

Amy Hess-Fischl, MS, RDN, LDN, BC-ADM, CDCES

Original session date: 5/4/2023

In this presentation, Amy will discuss pertinent education topics for nutrition professionals working with people with diabetes using insulin pumps and continuous glucose monitors. The focus will be on practical information and problem solving techniques for the successful use of diabetes technology and the integral role the nutrition professional plays.

About the Presenter

Amy Hess Fischl is an advanced practice dietitian and diabetes care and education specialist for over 20 years. She works at the University of Chicago Kovler Diabetes Center with both adult and pediatric endocrinologists sharing the same clinic to more effectively allow transition care throughout the life span.

Oncology Nutrition: Myths, Misunderstandings and Diet Trends

Amy Bragagnini, MS, RD, CSO

Original session date: 5/4/2023

Proper nutrition is an integral component of the treatment of cancer. However, individuals receive information on various nutrition topics as they relate to cancer, such as sugar feeding cancer, the effect of soy on breast cancer, specialized diets during treatment, the use of supplements, and juicing. As a certified expert in oncology nutrition, Amy will provide science-based nutrition information and explain the dangers of blindly following recommendations from the Internet.

About the Presenter

Amy Bragagnini has been a certified oncology specialist dietitian at Mercy Health Lacks Cancer Center with over 20 years of experience.

Performance Nutrition: Practical Fueling Strategies and Nutrition Interventions for the Desk Jockey Athlete

Rob Masterson, RD, CSSD

Original session date: 5/4/2023

In this presentation Rob will provide practical strategies to help meet the nutritional needs of individuals who want to compete in athletic events, but also have the added complexity of the 9-5 work life. From planning meals and supplementation to injury prevention and treatment, these tried-and-true methods can be used to help fuel any client at any stage of their athletic career.

About the Presenter

Rob Masterson is the Director of Performance Nutrition at Michigan State University, overseeing sports nutrition programming for all twenty-one varsity sports.

Plant-Based Eating Among the Pediatric Population

Anja Grommons, MA, RDN

Original session date: 5/14/2021

Plant-based eating patterns are on the rise! While it is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian diets are suitable for the pediatric population, registered dietitian nutritionists are integral in the implementation of nutritionally adequate plant-based diets. This presentation will review the components of balanced plant-based diets including specific nutrients/food groups of concern and dietary supplement recommendations based on current research.

About the Presenter

Anja Grommons completed her bachelor's degree, dietetic internship, and graduate studies from Western Michigan University, where she now works as an instructor within the dietetics program. She also works as a clinical dietitian at Bronson Methodist Hospital in the Pediatric Subspecialty Clinic.

Recognizing Burnout and Mapping Your Stress Response

Lisa Laughman, LMSW, ACSW

Original session date: 5/12/2022

We continue to be impacted by a global pandemic, political divisiveness, a growing number of climate emergencies, systemic racism, and other forms of oppression, while also navigating our day-to-day work and professional lives. Many of us are experiencing intermittent burnout and the effects of chronic stress. This session is designed to help participants recognize when they are experiencing burnout and become skilled at metabolizing their stress through practical grounding skills and daily practices to help reduce the strain on their body, mind, and spirit.

About the Presenter

Lisa Laughman is a licensed clinical social worker who received a bachelor's degree in social work from Eastern Michigan University and her master's degree in social work from Michigan State University. She currently serves as an employee assistance counselor and emotional wellness consultant at Michigan State University.

Restoring Eden in our Communities with Edible Forests

Naim Edwards, MS

Original session date: 5/12/2022

Contrary to what some may believe, "food deserts" do not exist. In Michigan and across the world, food can be cultivated almost anywhere, but our environment was designed to be devoid of edible plants. In this presentation, Naim will highlight the wonders of edible landscapes, as a means to build healthy, beautiful, and resilient communities.

About the Presenter

Naim Edwards is a Morehouse Man and earned his Master of Science degree at the University of Michigan. He works for Michigan State University Extension developing one of the first urban agriculture centers in the country.

Self-Compassion in Action

Leslie Auld, LMSW, ACSW

Original session date: 11/4/2022

We frequently hear about mental health in the news and social and professional circles, but mental health is rarely well-defined. Understanding what healthy emotional functioning is, what causes mental health problems, and what to do about them starts and ends with self-compassion. A focus on self-compassion addresses the most important relationship you will ever have in life- the relationship you have with yourself. Begin today taking actions toward your healthy emotional functioning, putting self-compassion into action.

About the Presenter

Leslie is a psychotherapist practicing in East Lansing, Michigan with 33 years of experience in the mental health field and 22 years as a psychotherapist in private practice. During her years of practice, Leslie has engaged in intensive training to gain a deeper understanding of healthy human functioning and how to address the problems we inevitably face in life to maintain good mental health. Leslie is committed to making an understanding of healthy functioning and how to achieve it widely available such that we all live in a healthier world where problems are manageable, and relationships are healthy and supportive.

The Uneven Landscape of Food Access and Diet: Exacerbations in Detroit During the COVID-19 Pandemic

Amber Pearson, PhD

Original session date: 5/12/2022

Where we live, play, and work affects our health. Health geography provides a framework and tools for assessing relationships between neighborhoods and health. In fact, a number of studies have shown that access to healthy food options is unequal across race/ethnic and wealth groups, and this access affects eating behaviors and obesity. What is less known is how these inequalities may have been exacerbated during COVID-19. This presentation provides some initial evidence of the extent and nature of changes to diet during COVID-19 in low-income neighborhoods in Detroit, Michigan.

About the Presenter

Dr. Pearson is an Associate Professor in the Department of Geography at Michigan State University. Her research relates to aspects of the built, physical, and social environment that bolster health in the face of adversity.

Understanding Microaggressions and Implicit Bias

Asha Shajahan, MD, MHSA

Original session date: 5/5/2023

Microaggressions can negatively impact a person on many levels. They are often unintentional but still happen everywhere, from social to work settings. In this session, you will learn about microaggression and the outcomes associated with them. You will also learn techniques to minimize the occurrence of microaggressions and how to be an ally to a person experiencing them.

About the Presenter

Dr. Shajahan is a board-certified family physician and an associate professor in the Department of Family Medicine at Oakland University William Beaumont School of Medicine, the GME Director of Health Equity and Disparities at Beaumont Health, and the Medical Director of Community Health at Beaumont Grosse Pointe.

Your Powerful Productive Career and Life

Susan Katz-Scheinker, MBA, RD

Original session date: 5/4/2023

With so much to manage every day, when is there time to conquer bigger visions? Are you someone who finds yourself saying “someday” when you think about new projects and ideas? What would it feel like to learn a system to accomplish everyday tasks while you work toward your goals and dreams? In this session you will learn how to build trust into your

lifestyle to create confidence and space to work toward your aspirations. With practice, completing everyday tasks while simultaneously chipping away at your vision can become a strong, natural habit.

About the Presenter

Susan Katz-Scheinker is the owner of Cambium Nutrition LLC where she works with individuals and corporate clients.