



# 2023 LAND Annual Conference

Thursday, March 9, 2023			
1:00 – 1:05 CT	<p><b>Welcoming Remarks</b>  <i>Erin McKinley, PhD, RD, LDN, CLC, CHES, FAND - LAND President-Elect</i></p>		
1:05 – 2:00 CT	<p><b>How to Practice Intuitive Eating and Weight Inclusivity In a Diet and Body Obsessed Culture</b>  <i>Rachel Hanes, MS, RDN, LDN</i>            Moderator: <i>Erin McKinley, PhD, RD, LDN, CLC, CHES, FAND</i></p>		
2:00 – 3:00 CT	<p><b>Nutrition and Mental Health in Adult Populations</b>  <i>Cassandra Whitmore, RD, LMNT</i>            Moderator: <i>Elizabeth Olendike, MS, RD, LDN</i></p>		
3:00 – 5:00 CT	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Field Trip - SETH Lab at FRANU</td> <td style="width: 50%;">Field Trip - LSU Performance Nutrition Center</td> </tr> </table>	Field Trip - SETH Lab at FRANU	Field Trip - LSU Performance Nutrition Center
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5:30 CT	Happy Hour Networking Event - Red Stick Social		

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**Friday, March 10, 2023**

<b>7:30 - 8:50 CT</b>	<b>Breakfast Meeting</b> Updates of House of Delegates, LA Regions Structure, LA Licensure, Awards, Scholarships and more!
<b>9:00 - 10:00 CT</b>	<b>What Is a Sustainable Diet and Food System and How Can RNDs Accurately Communicate This to The Public</b> <i>Joan Salge Blake, EdD, RDN, LDN, FAND</i> <i>Moderator: Aimee Serio, MS, RD, LDN</i>
<b>10:00 - 11:00 CT</b>	<b>Venturing into the World of Publishing as an RD</b> <i>Lee Jackson, RD, LDN</i> <i>Savanna Latimer, RDN, LDN</i> <i>Shelly Marie Redmond, MS, RD, LD</i> <i>Moderator: Erin M. McKinley, PhD, RD, LD, CLC, CHES</i>
<b>11:00 - 12:00 CT</b>	<b>Emerging concepts in nutrition and pulmonary health</b> <i>Jacob Mey, PhD, RD</i> <i>Moderator: Elizabeth Martin</i>
<b>12:00 – 1:00 CT</b>	<b>Lunch</b> <b>Visit Exhibits &amp; Posters</b>
<b>1:30 – 2:30 CT</b>	<b>Change Talk: How RDs Already Possess Key Skills to Successfully Negotiate Salary and Advocate for the Profession</b> <i>Erin M. McKinley, PhD, RD, LD, CLC, CHES</i> <i>Moderator: Brooke Lowenkron, MS, RD, LDN</i>
<b>2:30 - 3:30 CT</b>	<b>My Garden Is My Plate: Starting and Maintaining a Community Garden</b> <i>Alexis Motley, MS, RDN, LDN</i> <i>Moderator: Simone Camel</i>
<b>3:30 – 4:00 CT</b>	<b>Raffle</b>