

Plant Powered Challenge

Schedule of Events

All events will be recorded

January 2025

WEEK 1

Monday, January 6 | 1 p.m. to 1:30 p.m.

Welcome to the Plant Powered Challenge

Kristi Artz, MD, FACLM | Elizabeth Suvedi, Culinary Medicine Manager

Wednesday, January 8 | noon to 1 p.m.

Cooking Class: The Rainbow Diet

Anne Dudley, DO | Chef Alaina Elder-Correa

Friday, January 10 | noon to 12:45 p.m.

Ditching the Diet Cycle

Kristi Veltkamp, RD

WEEK 2

Monday, January 13 | 4 p.m. to 5 p.m.

Diabetes Lifestyle Management

Tara Daniel, FNP

Wednesday, January 15 | 1 p.m. to 2 p.m.

Cooking Class: Get Your Grain On

Camille Adams, RD | Chef Cameron Sheppard

Thursday, January 16 | 5:30 p.m. to 6:30 p.m.

Anti-Inflammatory Eating

Zachary Kadro, ND, MPH

WEEK 3

Tuesday, January 21 | 5:30 p.m. to 6:30 p.m.

Lifestyle Journeys That Inspire: Transformative Patient Experiences

Libby Stern, LMSW, NCTTP, NBC-HWC featuring three Lifestyle Medicine patients

Wednesday, January 22 | noon to 1 p.m.

Food Cravings Uncovered: Causes, Effects, and Solutions

Lori VanderWeele, CSP, RD

Friday, January 24 | 10 a.m. to 11 a.m.

Cooking Class: Eat More Fiber

Bettina Jones, MS, RD | Chef Lauren Greer

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WEEK 4

Tuesday, January 28 | 5 p.m. to 5:30 p.m.

The Perfect Protein Sources? Plants.

Anne Dudley, DO

Wednesday, January 29 | noon to 1 p.m.

Cooking Class: Plant Protein

Lori VanderWeele, CSP, RD | Chef Sam Sherman

Thursday, January 30 | noon to 1 p.m.

Truth vs. Trend: Plant Based
Nutrition

Carolyn Vollmer, MD, dipABLM

February 2025

WEEK 5

Monday, February 3 | noon to 1 p.m.

Cooking and Eating for Heart Health

Bettina Jones, MS, RD

Wednesday, February 5 | noon to 12:45 p.m.

Rising to Inspire: Paving the Path to
Health Transformation

Leanne Mauriello, Ph.D., Behavior Change Scientist
featuring two Rise cast members