



2017 HAND Spring Conference: Nourish your Skills

**Pomaika'i Ballrooms, Dole Cannery
Friday, May 5th 2017**

- 7:00 a.m. Registration/Check-In, Morning Refreshments & Vendor Exhibits
- 8:00 a.m. Opening Remarks & Welcome:**
Nena Harrington- HAND President
Tabitha Zamarripa- HAND CPI Chair
- 8:10 a.m. Prediabetes: Effective Strategies for Reversal
Ester Schuster, MS, RD, CDE
- 9:20 a.m. Finding Truth in the Failed Theories of Heart (*Webinar Based*)
Jim Painter, PhD, RD
- 10:30 a.m. Fueling and Hydration Strategies: From Weekend Warrior to Kona Athlete
Amy Goodson, MS, RD, CSSD, LD
- 11:30 a.m. Lunch**
- 12:30 p.m. Raffle & HAND Awards and Recognitions
- 1 p.m. Concurrent Sessions:**
1. Ketogenic Therapies for Epilepsy, Autism and Beyond
Miki Wong, MACO, RDN & Dr. Ryan Lee, MD
 2. Gardens: A tool for improving healthy behaviors for the future
Fallon Bader, RDN
- 2:10 p.m. Concurrent Sessions:**
1. Non-Alcoholic Fatty Liver: Identifying & Addressing Risk Factors
Esther Schuster, MS, RD, CDE
 2. Nutrition Counseling for Eating Disorders
Jen Draper, MA, RD, LD
- 3:20 p.m. Professional Ethics and Personal Values in Nutrition and Dietetics
Linda- Axtell-Thompson, DBE, MBA
- 4:30 p.m. Closing Remarks**
Nena Harrington, HAND President
Tabitha Zamarripa, HAND CPI Chair
Erika Chinn- Galindo, HAND CPI Chair-Elect