

Conference Agenda - First Half

ICED, ICED, Baby

Time	Event
7:00 AM - 8:15 AM	Registration & Continental Self-Serve Breakfast
8:15 AM - 8:30 AM	Opening Remarks & Welcome Lauren Peña, RDN
8:30 AM - 9:30 AM	Opening Keynote: Diet Culture & Dairy Leslie P. Schilling, MA, RDN, CSCS, CEDS-S
9:30 AM - 9:45 AM	Morning Break & First Prize Drawing
9:45 AM - 10:45 AM	I is for Immunity Jim Painter, PhD, RD
10:45 AM - 11:45 AM	C is for Calmness & Sleep Michael A. Grandner, PhD, MTR, DBSM
11:45 AM - 1:00 PM	Buffet Lunch & Break

**Please visit our Amoosing Booths
during the morning break & lunch break featuring . . .**

Local Dairy Products Tasting Table
Virtual Reality Farm Tour

Conference Agenda - Second Half

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Time	Event
1:00 PM - 2:00 PM	E is for Energy Emily Orvos, MS, RD, CSSD, CPT
2:00 PM - 3:00 PM	D is for Digestive/Gut Health Kristin Ricklefs-Johnson, PhD, RDN
3:00 PM - 3:15 PM	Afternoon Break
3:15 PM - 4:15 PM	Closing Keynote: Testing Positive in a Negative World Craig Weidel, SNS, MNLP., Mht.
4:15 PM - 4:30 PM	Closing Remarks & End of Day Prize Drawing Lauren Peña, RDN

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Speaker Panel Bios

Opening & Closing Remarks

Lauren Peña, RDN



Lauren Peña, (formerly known as Lauren Kemmer), is a registered dietitian nutritionist and completed both her B.S. in Nutritional Sciences and her dietetic internship at the University of Arizona. She is currently pursuing an M.S. in Organizational Leadership from Columbia Southern University. Lauren has previously worked in the school nutrition industry and in higher education food service. As the Manager of Sustainable Nutrition at the Dairy Council® of Arizona, she focuses on promoting dairy's health benefits to health professionals and chefs, combatting Arizona's food insecurity, and communicating dairy farming's sustainable concepts.

Opening Keynote: Diet Culture & Dairy

Leslie P. Schilling, MA, RDN, CSCS, CEDS-S



Leslie Schilling, MA, RDN, CSCS, CEDS-S, owns a Las Vegas-based private practice specializing in nutrition counseling for families, people with disordered eating concerns, professional athletes, and performers. Leslie has served as a performance nutrition consultant for Cirque du Soleil® and the NBA and an expert contributor to U.S. News & World Report. You may know Leslie best as the creator of the Born To Eat® approach and co-author of the award-winning book, *Born To Eat*. Her new book, *Feed Yourself*, hits shelves this summer.

I is for Immunity

Jim Painter, PhD, RD



Dr. Jim Painter is an Adjunct Professor at University of Texas School of Public Health, Professor Emeritus from Eastern Illinois University, and program director at John Patrick University's Lifestyle Medicine program. His research specialties include heart disease and mindless eating. Jim has been an advisor for Sun-Maid Raisin Growers and Paramount Farms, and consults for the National Dairy Council. He worked for Marriott Corporation in the 1980s, taught at University of Illinois during the 1990s and at Eastern Illinois University until 2013. Jim has over 100 peer reviewed publications to his credit. He and his wife Rosemary have five grandchildren.

C is for Calmness/Sleep

Michael A. Grandner, PhD, MTR, DBSM



Dr. Michael Grandner is a licensed psychologist board-certified in Behavioral Sleep Medicine. He is the Director of the Sleep and Health Research Program at the University of Arizona, the Director of the Banner-University Behavioral Sleep Medicine Clinic, and Associate Professor of Psychiatry at the University of Arizona College of Medicine Tucson. His research focuses on real-world implications of sleep health, including relationships with diet and nutrition. He has over 250 academic publications, sits on numerous journal editorial boards, and is an elected fellow of the American Academy of Sleep Medicine, the American Heart Association, and the Society of Behavioral Sleep Medicine.

Speaker Panel Bios

E is for Energy

Emily Orvos, MS, RD, CSSD, CPT



Emily Orvos is a Registered Dietitian and Certified Specialist in Sports Dietetics working at Grand Canyon University. She provides nutrition counseling and education for NCAA athletes, club sport athletes, active students, and those recovering from eating disorders. Emily earned her Bachelors in both Exercise Science and Nutritional Sciences, her Masters in Dietetics, and completed her Dietetic Internship at the University of Missouri – Columbia. Throughout her career, she has had the privilege of working with collegiate, professional, and recreational athletes from all different backgrounds.

D is for Digestive/Gut Health

Kristin Ricklefs-Johnson, PhD, RDN



Dr. Ricklefs-Johnson is a registered dietitian and has obtained a Bachelor of Arts in biology from the University of Northern Iowa, a Master of Science in Human Nutrition from Kansas State University, as well as her Ph.D. in nutritional sciences from Arizona State University. As a Director of Nutrition Research at the National Dairy Council, Kristin oversees the Childhood Health research platform. Her main responsibilities include staying current on the existing body of literature, strategic planning and management of dairy-related research related to areas of childhood nutrition. Kristin is involved in growing innovation and acting as an external member of the Personal Nutrition Initiative and is active in the American Society of Nutrition and the American Association for the Advancement of Science.

Closing Keynote: Testing Positive in a Negative World

Craig Weidel, SNS, MNLP., Mht.



As a proven professional, Craig has worked in the real world of child nutrition from 1986 to 2019. During his tenure in child nutrition, he served two terms on the Board of Directors for the School Nutrition Association, one as West Region Director and the other as Public Policy and Legislative Chair. Craig started his speaking/training business back in 2010 and wrote his bestselling book, "My Heroes Have Always Worn Hairnets". His humor and warmth shine through each presentation and training which he carefully crafts to allow his audience to gain insight into the numerous aspects of their profession. Craig truly understands that people don't merely improve nor change because they hear a presentation. He gives participants not only the tools but the desire to act when they leave and return to the real world. Craig leads professional associations, school-based child nutrition professionals, companies, and individuals to achieve remarkable transformations which in turn skyrocket their productivity and increase profits. In addition to being a best-selling author he has made numerous appearances on television and radio. Craig is a graduate of Arizona State University with a B.S. in Physical Education. He also has credentials as a School Nutrition Specialist (SNS), Master Hypnotherapist (Mht.), and a Master Neurolinguistic Programming Therapist (MNLP.)

Don't forget to follow our speakers on social media and check out their websites!