

Time	Herd That! Nutrition 2024 Conference Agenda
7:00 AM - 8:15 AM	Registration & Continental Self-Serve Breakfast
8:15 AM - 8:30 AM	<p><b>Opening Remarks &amp; Welcome</b>            Tammy Baker, MS, RD            Lauren Peña, MS, RDN</p>
8:30 AM - 9:30 AM	<p><b>Opening Keynote:</b>            Christian Poulos, MD</p>
9:30 AM - 9:45 AM	<p><b>Morning Networking Break</b></p>
9:45 AM - 10:45 AM	<p><b>Nutrition Through The First 1,000 Days</b>            Kristin Ricklefs-Johnson, PhD, RDN</p>
10:45 AM - 11:45 AM	<p><b>Nutrition for Newborns to 5 Years Old</b>            Alan Brown, MS, RDN</p>
11:45 AM - 1:00 PM	<p><b>Buffet Lunch &amp; Networking Break</b></p>
1:00 PM - 2:00 PM	<p><b>Cooking with Kids:            A Therapeutic Pop-Up Adventure</b>            Yaffi Lvova, RDN</p>
2:00 PM - 3:00 PM	<p><b>Nutrition for Teens &amp; Young Adults</b>            Zach Cordell, MS, RD</p>
3:00 PM - 3:15 PM	<p><b>Afternoon Networking Break</b></p>
3:15 PM - 4:15 PM	<p><b>Closing Keynote:            Milking Humor for Its Leadership Qualities</b>            David Jacobson, LSCSW, CHP</p>
4:15 PM - 4:30 PM	<p><b>Closing Remarks &amp; End of Day Prize Drawings</b>            Lauren Peña, MS, RDN</p>

# Speaker Session Bios

## [Opening Keynote:](#)

### **Christian Poulos, MD**



Dr. Poulos is an eminent social media creator and medical doctor, a unique combination that has allowed him to build and scale his business whilst always maintaining health and fitness and the core of everything he does. He is passionate about nutrition and resistance training as the foundation of a healthy body and mind. Born and bred in Illinois, he now resides in Denver, Colorado with his wife, Abby.

### **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.

### **Alan Brown, MS, RD**



Alan has been a Registered Dietitian Nutritionist since 2014 with previous work experience as a Nutrition Services Supervisor with the Gilbert School District, and providing nutrition counseling to high-risk WIC participants at the Maricopa County Department of Health. In his current role at the Arizona Department of Health Services, Alan serves as the WIC Training Manager, leading the training team to create comprehensive training programs for WIC staff throughout Arizona.

# Speaker Session Bios cont.

## Yaffi Lvova, RDN



Yaffi Lvova is an experienced Registered Dietitian Nutritionist and a proud mom of twins plus one. She holds degrees in both World Religions and Nutrition & Dietetics from Arizona State University. Yaffi is a published author of several books for both the public and professionals on feeding kids and is the creator of Toddler Test Kitchen™. Yaffi supports public health educators through Weight Inclusive Network, a CEU platform for dietitians, diet techs, and related physical and mental health professionals.

## Zach Cordell, MS, RD



Zach obtained his undergraduate degree in human nutrition from the University of North Carolina Greensboro, his master's degree in community nutrition from the University of Massachusetts, completed his dietetic internship at Yale New Haven Hospital and is currently working on his doctorate in Leadership and Innovation at Arizona State University. He was awarded the Young Dietitian of the Year in 2019 for the state of Florida. Zach has written two books on food and faith, hosted a podcast teaching health principles through the lens of faith, and has written a textbook titled "Culture and Health: An Introduction for Future Healthcare Providers". His interests in the nutrition profession surround community, culture, and behavior change. Zach believes that understanding individuals' environments can help us recognize motivations behind their behaviors. When providers and patients understand their beliefs, attitudes, and behaviors, then future health outcomes can be impacted. People are important, so let's talk with them.

## Closing Keynote:

## David Jacobson, LSCSW, CHP



David Jacobson is the owner of Humor Horizons, his professional speaking/consulting business, and was one of Banner University Medical Center's "Top 10" leaders as their Director of Behavioral Health Case Management. Other former positions include Executive National Director of Marketing and the Chief of Social Work for the VA. As Manager of Social Work at UMC, Jacobson worked with patients and families of traumas including the tragic shooting event in Tucson that occurred in January 2011 for which he was personally thanked by President Obama for his assistance.

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