

## **The Evolution and Application of Fasting and the Fasting Mimicking Diet** **Pre-Conference Session Schedule**

*Schedule Subject to Change*

**Thursday April, 12, 2018**

7:30 AM	The Science and Clinical Application of Fasting and the Fasting Mimicking Diet	James LaValle, RPh, CCN	1 ½ hr
9:00 AM	<b>Break</b>		
9:30 AM	Cardiometabolic Benefits of the Fasting Mimicking Diet	Mark Houston, MD	2 hr
11:30 AM	<b>Lunch</b>		
1:30 PM	Fasting Mimicking Diets to Optimize Women's Health & Hormones	Felice Gersh, MD	2 hr
3:30 PM	<b>Break</b>		
4:00 PM	The Science and Clinical Application of Fasting and the Fasting Mimicking Diet ( <b>non-CME</b> )	James LaValle, RPh, CCN	1 hr
5:00 PM	<b>Close of Session</b>		