

# 86th ALDA Annual Meeting

**March 14 - 16, 2018 • Birmingham Jefferson Civic Center (BJCC)**

*All Meetings in the East Hall of the Birmingham Jefferson Civic Center (BJCC)*

*BJCC Parking is Available Under the East Exhibit Hall Building or In the Westin Parking Deck*

## TENTATIVE AGENDA

### Wednesday, March 14, 2018

11:00 am - 6:00 pm	ALDA Registration Desk Open
3rd Floor, East Hall BJCC	
1:00 pm - 4:00 pm	Establishing A Diabetes Prevention Program
4:00 pm - 5:15 pm	ALDA Board of Directors Meeting
3 <sup>rd</sup> Floor, BJCC East Hall	
5:30 pm - 7:30 pm	ALDA Welcome Reception <i>Sponsored by The Dairy Alliance</i>

### Thursday, March 15, 2018

8:00 am - 5:30 pm	ALDA Registration Desk Open
3rd Floor, East Hall BJCC	
8:15 am - 8:30 am	Welcome & Opening Remarks by ALDA President Diane Bridgewater, MBA, RDN, LD
8:30 am - 9:30 am	How Food Affects Pathophysiology of Diabetes Jill Weisenberger
9:30 am - 10:30 am	Family Meals Matter: Barriers, Benefits, and Strategies for Eating Together, Liz Weiss, MS, RDN <i>Sponsored by the Alabama Cattlemen's Association</i>
10:45 am - 11:45 am	Karen Wright Memorial Lecture Fighting Nutrition Information: The Good, the Bad, and the Ugly Toby Amidor, MS, RD, CDN
12:00 - 1:15 pm	ALDA Awards Luncheon
1:30 pm - 2:30 pm	Opioid Abuse in Alabama Alabama Attorney General Steve Marshall
2:45 pm - 3:45 pm	Nutrition and Sleep, Valerie Tarn, MS, RD, LD
3:45 pm - 4:45 pm	Generations in the Workplace, Kristin Scroggins
5:30 pm - 7:30 pm	ALDA Membership Celebration

### Friday, March 16, 2018

7:30 am - 3:15 pm	ALDA Registration Desk Open
3rd Floor, East Hall BJCC	
7:00 am - 8:00 am	Student Session: What I Wish I Had Known Harnessing Brain Health Through a Plant-Based Diet, Linda
8:30 am - 9:30 am	Arpino, MA, RDN, FAND <i>Sponsored by the Vegetarian Practice Group</i>
9:30 am - 10:30 am	The Demographics of Today's Consumers: How do they select and prepare food, Andrea Kirkland, RD and Mary Creel, RD Dietitians from eMeals.com
10:45 am - 12:00 pm	Our Health is All Connected, Dr. Rick Tubbs <i>Sponsored by the National Pork Council</i>

12:00 pm - 1:15 pm  
1:15 pm - 2:15 pm  
2:15 pm - 3:15 pm  
3:15 pm

EXPO/Lunch/Poster Session Presentations  
Nutrition and the Addicted Brain, David Wiss, MS, RDN  
AND Update, Donna Martin, AND President  
Drawing for Basket Winners & Door Prizes

### Registration Fees

	<b>OPTIONAL WEDNESDAY WORKSHOP</b>	<b>ALDA ANNUAL MEETING (Includes Wednesday Reception and all events on Thursday &amp; Friday)</b>	<b>THURSDAY ONLY</b>	<b>FRIDAY ONLY</b>
<b>ALDA Member</b>	<b>\$30</b>	<b>\$210</b>	<b>\$130</b>	<b>\$100</b>
<b>Non-Member</b>	<b>\$60</b>	<b>\$320</b>	<b>\$210</b>	<b>\$130</b>
<b>Student</b>	<b>N/A</b>	<b>\$65</b>	<b>\$45</b>	<b>\$40</b>
<b>Retired &amp; 50 Year Member</b>	<b>\$40</b>	<b>\$80</b>	<b>\$65</b>	<b>\$40</b>