



Everything we put in our mouths is, ultimately, part of our nutrition. Hemp products such as medical cannabis and CBD are talked about a lot as helping people with different life challenges -- post traumatic stress disorder, autism spectrum disorder and epilepsy, for instance. This conference provides you the knowledge and tools to find YOUR health.

Agenda

Doubletree Denver-Aurora

Saturday, July 28

7:15-8:00 – Check in and breakfast

8:00-8:30 – Welcome and Opening Plenary

Presenter: Christy Thiel, Director of Business Development, Elixinol

8:30-10:15 – Foundation of Nutrition

Presenter: Molly Carroll, RD

- Learning outcomes
 - What makes a balanced diet?
 - How can we have a balanced diet?
 - What goes in to eating a balanced diet: Dietary Guidelines, MyPlate, and calorie balance
 - How to have a balanced diet: learn to prepare simple, healthy meals; considerations, including disability, for unique relationships with food
 - Activities/demonstrations

10:15-10:30 – Break

10:30-Noon – Making Nutrition Work for You

Presenter: Marva Jolly, PE, MNT, HTP, HTAP

- Learning outcomes
 - How can I determine whether I need a special diet?
 - How to keep a good diet in REAL life
 - Special diets – modified therapeutic – general considerations, including disability
 - My real life has me in a time crunch and on a budget – to do?
 - Activities and takeaways

Noon-12:15 – Break

12:15-1:30 – Lunch and Tying It All Together

Presenters: Guided discussion with Christy, Molly and Marva

1:30 – 5PM – Expo – application of learning with our speakers and vendors selected to help you find health

Sunday, July 29

7:30-8:00 – Check in and breakfast

8:00-8:30 – Welcome and Plenary

Presenter: Martha Montemayor, CNC - Director, Cannabis Clinicians Colorado

8:30-10:15 – Cannabinoids and Disabilities – a research update

Presenter: Barbara Brett, Ph.D., Associate Professor of Psychology, Colorado State University – Pueblo (CO)

- Learning Outcomes

- Understand the difference between Hemp and Cannabis
- Learn the current legal status of Hemp and Cannabis
- Comprehend the endocannabinoid system and be able to explain some of the effects that phytocannabinoids/cannabinoids have on this system
- Evaluate evidence for the medicinal effects of cannabis in a variety of medical conditions
- Consider evidence for the nutritional effects of cannabis
 - Chronology of Cannabis Use
 - The Cannabis sativa L. plant
 - Phytocannabinoids and Cannabinoids
 - THC, CBD, etc.
 - Terpenoids, flavonoids, etc.
 - Recreational vs. Medicinal Cannabis
 - The Endocannabinoid System
 - Phytocannabinoid and cannabinoid effects on the nervous system and body
 - Approved Therapeutic Uses of Cannabinoids
 - Potential Therapeutic Uses for Cannabinoids
 - Cannabis as a Nutrient
 - Health Concerns with Cannabis
 - Activity

10:15-10:30 – Break

10:30-Noon – Making Hemp/Medical Cannabis/CBD Work for You –applying the science in REAL life

Presenter: Heather Jackson, CEO, Realm of Caring

- Learning Outcomes:
 - Make sense of the many cannabinoid options available
 - Learn how to assess if cannabis or hemp is right for you
 - Learn how to determine quality, the right product, and the right amount
 - Hear data that will be published later this year from the largest research registry in the United States
 - Overview of available options in CO as medical cannabis vs the US as hemp including legalities.
 - Who is using cannabis/hemp? Sneak peek at the largest observational research registry in the US, and the demographics of the Realm of Caring (over 45,000 families) all over the world
 - Why are people with such a wide variety of conditions and symptoms using cannabis/hemp as therapy
 - How to assess quality
 - How to have this conversation with your doctor and not get fired
 - How to make a product selection
 - How to administer
 - Resources including programs and services that Realm of Caring provide

Noon-12:15 – Break

12:15 - 1:30 – Lunch and Closing Plenary - tying it all together/a QUALITY life to find health

Presenter: TBD

1:30 – 5PM – Expo – application of learning with our speakers and vendors selected to help you find health



www.thearcofaurora.org



A social enterprise of The Arc of Aurora

www.thinkchange.training