



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 – Foundational Info on Hemp/medical cannabis/CBD – evidence-based, research supported**

**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**



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