

Program &
 Speaker Biographies

March 2+3, 2023

**NWRD ANNUAL
 CONFERENCE**

LIVE In-Person Event



- 7:00 – 7:45 Registration - Breakfast**
7:45 – 8:00 Welcome Day 1 - NWRD President Laura Wiseley MS RD CSR
- 8:00 – 9:00 40 Years of Persevering with Inspiration, Humor, and Grace**
 Katy G Wilkens MS RD FNKF Kathy Harvey MS RDN CSR
Retired - Nutrition & Fitness Manager Retired - Director Renal Nutritional Services
Northwest Kidney Centers Puget Sound Kidney Centers
- 9:00 – 10:00 SGLT-2 Inhibitors & GLP-1 Agonists - Implications in CKD**
 Dr Nayan Arora MD
Clinical Assistant Professor, Division of Nephrology
University of Washington, Seattle
- 10:00 – 10:30 Snack Break & EXPO Hall Exhibits (30 minutes)**
- 10:30 – 11:30 Considerations for Providing Weight Inclusive Care**
 Stasha A Hornbeck MS RD LD CDCES
Dietitian, Diabetes Educator, and Certified Body Trust Provider
Kaiser Permanente, NW
- 11:30 – 12:30 Physiology of Obesity in CKD**
 Dr Holly Kramer MD MPH
Professor of Public Health Sciences and Medicine
Loyola University Chicago
- 12:30 – 2:00 Lunch & EXPO Hall Exhibits (90 minutes)**
1:30 - 2p - "Yoga at Work: Self-Care Stretches & Strategies for Stress Relief at Work"
Julia Zhao, C-IAYT, RYT-500
Yoga Therapist, Julia Zhao Yoga Therapy
(Optional activity, come as you are, no need to bring a mat or change of clothes)
- 2:00 – 3:00 Flavor Enhancements for Taste Alterations in CKD**
 Kimberly Evans MS RD
Registered Dietitian, Adjunct Faculty
The Nourish Radiance Method
- 3:00 – 4:00 The Many Layers of Spices & Cuisines of India -
 Special Considerations in Kidney Disease**
 Savitha Chandra MS RD CSR CDCES CCTD LD
Transplant Dietitian
Oregon Health and Science University



THURSDAY, MARCH 2, 2023

EVENING EVENTS

4:00 p - 5:00 p
 Happy Hour
 EXPO Hall Exhibits
 (60 minutes)

6:00 p - 8:00 p
 Networking Dinner

NWRD 2023

Persevering Together

NORTHWEST RENAL DIETITIANS (NWRD) - 2023 ANNUAL CONFERENCE

LIVE In-Person Event

March 2+3, 2023

Olympia Hotel at Capitol Lake - Olympia, WA

- 7:00 – 7:45** **Registration - Breakfast - EXPO Hall Exhibits (45 minutes)**
7:45 – 8:00 **Welcome Day 2 - NWRD President: Laura Wiseley MS RD CSR**
- 8:00 – 9:00** **What's New and Exciting with Continuous Glucose Monitoring Devices & Insulin Pumps**
Christine Fisher RDN CD CDCES
Registered Dietitian, Certified Diabetes Care and Education Specialist
Catholic Health Initiatives
- 9:00 – 10:00** **Diabetes Management in the Peritoneal Dialysis Patient**
Dr Kelly D George MD
Internal Medicine Physician, Diabetology
Northwest Permanente
- 10:00 - 10:30** **Snack Break & EXPO Hall Exhibits (30 minutes)**
- 10:30 – 11:30** **Who Knew? The Newly Discovered Role of Salt and Sugar in Driving Hypertension and Metabolic Disease**
Dr Richard J Johnson MD
Professor of Medicine
University of Colorado, Denver
- 11:30 – 12:30** **Nutrition Decisions at End of Life - What a Renal Dietitian Needs to Know**
Michelle Saari MSc RD
Website Founder
LongTermCareRD.com
- 12:30 – 1:45** **Lunch & EXPO Hall Exhibits (75 minutes)**
1 - 1:30p - "Yoga at Work: Self-Care Stretches & Strategies for Stress Relief at Work"
Julia Zhao, C-IAYT, RYT-500
Yoga Therapist, Julia Zhao Yoga Therapy
(Optional activity, come as you are, no need to bring a mat or change of clothes)
- 1:45 – 2:45** **Phosphorus: Don't Blame the Patient**
Dr Richard A Sherman MD
Professor Emeritus, Robert Wood Johnson Medical School
Rutgers University, New Brunswick NJ
- 2:45 – 3:45** **Ayurveda: How this Ancient Medical Practice of India Can Serve Us Today**
Dr Gillian Ehrlich DNP ARNP
Family Nurse Practitioner
NeuroVeda Health, Seattle WA
- 3:45 – 4:00** **Wrap Up**
Password for Online Evaluation & CPEU Certificates

Northwest
RENAL DIETITIANS

FRIDAY, MARCH 3, 2023

Thank you for
joining us!

2023 NWRD
Program Co-Chairs:

Amy Myrtue Nelson
MPH RD CSR CD

Rebecca Seltmann
MBA RD CD