

DTC Nutrition Virtual Camp: “Beyond Carb Counting: Practical Nutrition Strategies in 2022 for Your Best You”

Date: January 29, 2022

Time: 10:30am - 4:30pm (EST)

Five Nutrition Sessions (30-40 min presentation with Q&A)

*10:30am - 10:45am: **Intro/Welcome***

10:45am - 11:30pm - 1st session: “**The Connection Between Gut Health and Blood Sugar Response**” - Kelly Schmidt, RD

Break: 11:30am - 11:45pm

11:45am - 12:30pm - 2nd session: “**Food, Connection & Mood**” *A Live **Cooking Webinar Workshop** - Chef Ryan Hutmacher

Lunch break: 12:30pm - 1:30pm

1:30pm - 2:15pm - 3rd session: “**Weight Management**” - Tiffany Rios, RD

Break: 2:15pm - 2:30pm

2:30pm - 3:15pm - 4th session: “**Fine Tuning Your Fueling Strategies**” - Lyndsay Gregerson, RD, CDCES

Break: 3:15pm - 3:30pm

3:30pm - 4:15pm - 5th session: “**Optimizing Your Recovery with Nutrition to Maximize Your Sports Performance**” - Megan Robinson, RD, CDCES, CSSD

Closing Remarks: 4:15pm - 4:30pm