

ADCES - Utah Annual Conference 2025

Inspiring Action-Improving Lives

Date: November 6, 2024 - November 7, 2025
Time: 7:00 am – 5:30 pm
Location: Salt Lake City Community College Miller Campus
 9750 S 300 W, Sandy, UT 84070

THURSDAY - NOVEMBER 6		
TIME	PRESENTATION	SPEAKER
7:00 am – 8:00 am	REGISTRATION	
8:00 am – 9:30 am	<i>KEYNOTE SPEAKER</i> Unleash Greatness: Align, Love, Elevate	Candice Noss, MPT Designed for Greatness Physical therapist, wellness coach, intuitive healer & international speaker
9:30 am – 9:45 am	ANNOUNCEMENTS AND BREAK	
9:45 am – 10:45 am	BREAKOUT SESSIONS	
	One Plate, Two Conditions: Harmonizing Nutrition for CKD and Diabetes	Carly Alba, MS, RDN, CD Outpatient dietitian at Intermountain Medical Center
	Diabetes Medications 101	Diane Ogborn, PharmD Smith's Food & Drug
10:45 am – 11:30 am	VENDOR BREAK	
11:30 am – 12:30 pm	Essentials of Symptomatic Menopause Management for the Clinician	Camille Moreno, DO MSCP University of Utah OBGYN department/women's health
12:30 pm – 1:30 pm	LUNCH	
1:30 pm – 2:30 pm	Moving the Needle: Exercise as a Tool for Insulin Resistance	Stacie Goulding, CPT Professor at BYU and personal trainer at Elevate Fitness and Rehab
2:30 pm – 3:15 pm	VENDOR BREAK	
3:15 pm – 4:15 pm	BREAKOUT SESSIONS	
	New and Emerging Uses for GLP-1-Based Therapy	Albert Noyes, PharmD, BCACP, BCADM Intermountain Health, rural outpatient clinics
	Beyond the Numbers: Practical Interpretation of CGM and Insulin Pump Data for Therapeutic Adjustment	Shahzad Jalili, PhD, RDN, CDCES Lead Diabetes Educator at University of Utah endocrinology department
4:30 pm – 5:30 pm	Being Supplement Savvy: Brain Boosters, Immune Enhancers, and Stress Busters	Laura Shane-McWhorter, PharmD, BCPS, CDCES, BC-ADM, FASCP, FADCES University of Utah (Emeritus position)

See next page for Friday sessions →

FRIDAY – NOVEMBER 7		
TIME	PRESENTATION	SPEAKER
7:30 am – 8:00 am	REGISTRATION	
8:00 am – 9:00 am	Sugar, Shame, and Self-Compassion: ACT-Based Tools for Diabetes Burnout and Eating Disorders	Kathy Spencer, MHPE, LCSW Owner of Rose Mountain Counseling Sydney Williams, LCSW, CEDS-C Owner of Evergreen Therapy Collective Co-owners of The Eating Disorder Consultants
9:00 am – 9:15 am	ANNOUNCEMENTS AND BREAK	
9:15 am – 10:15 am	BREAKOUT SESSIONS	
	CFRD in Focus: From Pathophysiology to Evidence-Based Care	Katie Kaput, DO University of Utah Associate professor of medicine in endocrinology, diabetes, and metabolism
	The Hidden Weight of Bias: A Review of Weight Bias in Healthcare	Kylie Peterson, MPH, RDN, CDCES Intermountain Health Layton
10:15 am – 10:45 am	VENDOR BREAK	
10:45 am – 11:45 am	Gestational Diabetes (GDM)	Karma Elliott, MD Endocrinologist at University of Utah and VAMC
11:45 am – 1:00 pm	LUNCH AND AWARDS	
1:00 pm – 2:00 pm	Strength Training for the MASSes	Devin Vance, MFP, ACSM EP-C University Of Utah – Osher Center for Integrative Health
2:00 pm – 2:15pm	BREAK	
2:15 pm – 3:15 pm	Gut Check: Mapping the Microbiome for Optimal Blood Glucose Control	Jessica Cooper, MS, RD/CS Professor in College of Health Sciences at Purdue Global University
3:15 pm – 4:15 pm	Glucose goddess VS. Research	Erin Barton, MBA, RD, CDCES Lead outpatient dietitian at Intermountain Health McKay Dee Hospital