



Day 1 – February 19, 2026

12:00 – 2:30 pm ET

Session 1: Addressing Childhood Obesity while Preventing Eating Disorders

Speaker: Aida Miles, MMSC, RDN, LD, FAND

- List and discuss two risk factors for the development of disordered eating in youth.
- Describe one educational strategy the RDN can use when working with youth with obesity, that is evidence based and non-stigmatizing.

Competency codes: 10.1.1,10.2.2,10.4.2,10.6.1

Session 2: The Dietitian's Roadmap: Enhancing Outcomes Through Nutritional Priorities for Patient's Using GLP-1 Medications

Speakers: Laurie McBride, MS, RD, CSOWM, NBC-HWC, LD

- Describe the most common challenges and side effects patients experience when taking GLP-1 medications and provide guidance on nutrition approaches to mitigate these challenges.
- Implement nutrition and lifestyle medicine interventions to support patients' overall weight loss progress and quality of life.
- Apply effective support and behavior modification strategies to guide patients through lifestyle changes.

Competency codes: 10.4.4,11.2.3,11.4.6

Session 3: Surviving the Survey: Staff Training for Success

Speaker: Danielle Kronmueller, DHSC, RDN, LDN

- Synthesize clinical best practices and lived patient experience to inform advanced, patient-centered approaches in bariatric nutrition care.
- Evaluate the impact of personal perspective on counseling strategies, program design, and long-term weight management outcomes.
- Apply evidence-based and experience-driven insights to enhance empathy, engagement, and effectiveness in multidisciplinary weight management settings.

Day 2 – February 26, 2026

12:00 – 2:30 pm ET

Session 1: Sleep and Pediatric Weight Management: Is There a Relationship and What Can Be Done

Speaker: Jonathan Mitchell, PhD, MSc

- List and discuss the epidemiological evidence linking to sleep metrics to weight outcomes in childhood
- Incorporate into practice intervention approaches to improve behavioral sleep outcomes in children
- Describe the Multiphase Optimization Strategy (MOST) framework for intervention design in the context of sleep and weight outcomes in childhood.

Competency codes: 5.1.2,10.1.1,10.4.6,10.6.2,11.3.2

Session 2: Coaching for Change: Helping Clients Achieve Long-Term Success

Speaker: Rebecca Schubert, MS, RDN, NBC-HWC

- Identify the differences between technical and adaptive challenges in client behavior change and describe how each informs the coaching approach
- Define five different types of motivation and apply values-based coaching strategies to move clients toward deeper levels of motivation.
- Apply core principles of positive psychology to help facilitate long-term, values-driven behavior change in nutrition counseling sessions.

Competency codes: 9.3.4,11.3.2,11.5.1,11.5.3

Session 3: Artificial Intelligence + Wellness: What RDNs Need to Know

Speaker: Beryl Krinsky, MBA, MS, RDN, LDN

- Discuss the synergies between AI and wellness and determine ways to apply this for their clients.
- Create an action plan for implementing a new AI strategy for clients.
- List the future AI initiatives that they can implement with clients.

Virtual Symposium Registration Fees

WM DPG Member - \$20.00 per Day

WM DPG Student or Retired Member - \$10 per Day

Other - \$40 per Day

Registration Closes February 12, 2026