

Nutritional Lifestyle & Metabolic Psychiatry

Thursday, October 15, 2026
4:00-8:00 PM
Westin Copley Place • Boston, MA

AGENDA

THURSDAY, OCTOBER 15, 2026

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|-----------------------|---|
| 4:00 – 4:20 PM | Nutritional Lifestyle & Metabolic Psychiatry: Introduction
Uma Naidoo, MD |
| 4:20 – 4:50 PM | Healthy Fats for Brain Health
David Mischoulon, MD |
| 4:50 – 5:20 PM | Lifestyle Medicine From an Immediate Past President (ACLM)
Beth Frates, MD FACLM DipABLM |
| 5:20 – 6:00 PM | Physical Activity for Positive Mental and Physical Health
Ramaswamy Viswanathan, MD, DrMedSc
<i>(Immediate Past President, American Psychiatric Association)</i> |
| 6:00 – 6:15 PM | Question & Answer Panel |
| 6:15 – 6:45 PM | Break & Dinner Served |
| 6:45 – 7:20 PM | Pregnancy Nutrition and Brain Health
Errol R. Norwitz, MD, PhD, MBA |
| 7:20 – 7:50 PM | Nutrition and Lifestyle for Cardiac & Brain Health
Kimberley A. Parks, DO |
| 7:50 – 8:00 PM | Question & Answer Panel |
| 8:00 PM | Adjourn |