

MID-ATLANTIC Regional Chapter



Annual Conference Virtual Event

November 6, 2020

Symposium session content includes concussion, cancer, occupational health, dementia, long term athlete development, nutrition for the athlete, infectious disease in sports, mental health in the athlete and musculoskeletal ultrasound.

There will be undergraduate, masters, and doctoral award sessions, meet the experts, and asynchronous and synchronous content on how to build a career in the exercise sciences. Graduate school information will be available and there will be exhibitors and a raffle.

Asynchronous, pre-recorded content available beginning October 28, 2020

<https://tinyurl.com/y6pqaf9>

Friday, November 6

Live Zoom Sessions

Keynote

8:00 am

Is There a Metabolic Program for Obesity... And Can Exercise Help?

Joseph A. Houmard, PhD



Joseph A. Houmard, PhD
East Carolina University

Clinical Keynote

11:15 am

Exercise Is Medicine

Elizabeth A. Joy, MD, MPH

Past President's Lecture

1:00 pm

Preventing Type 2 Diabetes

Elizabeth A. Joy, MD, MPH



Elizabeth A. Joy, MD, MPH
Senior Medical Director, Wellness & Nutrition
Intermountain Healthcare