

## 8TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES

# FAMILY DAY

**Saturday, September 23, 2023**

**9AM - 5PM**

**\$49/PER PERSON**

Loews Coronado Bay Resort  
San Diego, California

The International Neurological Ketogenic Society (INKS) is pleased to be hosting a special patient-centered Family Day as part of our 8th Global Symposium. This gathering will provide the opportunity for exploring the history of ketogenic dietary therapies, how these treatments are used today, and how new ways to use them in the future are being discovered.

- Highlights from the scientific sessions earlier in the week will be shared with Family Day attendees to help provide insights into the latest research that is helping drive progress in the field of ketogenic dietary therapies – on both clinical and research fronts.
- Engagement activities will enable attendees to ask questions of the medical experts and to learn from other patients and families who are on their respective journeys.
- Interactive cooking demonstrations by renowned chefs will offer fresh ideas and innovative ways to think about the power and influence of food on the brain.
- Attendees will have the chance to visit with exhibitors to learn more about their products and resources designed to make the implementation of ketogenic dietary therapies easier and more successful.

If you are a patient, family member, friend, clinical care provider, or researcher who is interested in learning more about this expanding therapeutic approach and the real-life experiences and applications of those who understand it best and live it every day, then this is a great way for you to spend your Saturday!

PRESENTED IN PARTNERSHIP WITH



## AGENDA

**8:00AM – 9:00AM**

Registration and Exhibits

**9:00AM - 9:20AM**

Ketogenic Dietary Therapies: History and Overview in Children by Eric Kossoff, MD

**9:20AM - 9:40AM**

Ketogenic Dietary Therapies in Adulthood by Mackenzie Cervenka, MD

**9:40AM - 10:00AM**

Ketogenic Dietary Therapy Variations and Indications by Beth Zupec-Kania, RDN, CD

**10:00AM - 10:20AM**

Ketogenic Dietary Therapies and the Mental Health Epidemic by Metabolic Mind

**10:20AM - 10:40AM**

Global Keto Scientific Symposium Summary - Looking to the Future by Professor Helen Cross

**10:40AM - 11:00AM**

Break and Exhibits

**11:00AM - 12:00PM**

Q&A Panel with Morning Speakers

**12:00PM - 12:30PM**

Cooking Demonstration and Keto Kitchen Tips by Chef Dawn Martenz, The Charlie Foundation for Ketogenic Therapies



**12:30PM - 1:30PM**

Lunch and Exhibits

**1:30PM - 2:30PM**

Table Talks: Small Group Sharing and Learning  
*Hear first from JT Martenz who will share a personal story to kick-off the session.*

**2:30PM - 2:50PM**

Neurogastronomy and Ketogenic Diets

**2:50PM - 3:15PM**

Break and Exhibits

**3:15PM - 4:15PM**

Cooking Demonstration and Neurogastronomy Tips by Chef Fred Morin of Joe Beef Montreal World's Top 100 Chef List by S. Pellegrino & Acqua Panna

**4:15PM - 5:00PM**

Ask Me Anything Panel

*It takes teamwork to manage a medical ketogenic diet, so we've assembled a team of patients, parents, dietitians, clinicians, and chefs so you can ask questions and learn from their expertise and experiences. Hear first from Brandon Kopp who will share a personal story to kick-off the discussion.*

**5:00PM**

Closing

