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## Culinary Medicine Lecture Series

### Saute, Stirfry, Simmer, and Braise: Vegetable Techniques for Cardiovascular Friendly Meals

**Date:** Wednesday, June 18, 2025

**Time:** 6:00 PM - 8:00 PM

**Location:** Esperance Teaching Kitchen

**Learning Format:** In-Person

#### Presentation and Speaker Information:

- Saute, Stirfry, Simmer, and Braise: Vegetable Techniques for Cardiovascular Friendly Meals
  - Paula Martin, MS, RDN - Groundwork Center for Resilient Communities
  - Laura McCain, RD
  - Robert George
  - Kori Woodruff, NP

#### Series Objectives:

- Bring the healthcare provider into the discussion about local food, nutrition and their impact on wellness and health outcomes.
- Enhance the provider's ability to have meaningful patient interactions concerning food selection, diets and nutrition.
- Explore the emerging science of the connection between nutrition, physical and behavioral health and Medical Nutrition Therapy.
- Experiment with the incorporation of cooking techniques for health including a focus on Plant-Forward recipes as both an economical and evidenced based intervention to improve health outcomes.

#### Learning Objectives:

*At the conclusion of this activity, participants should be able to:*

- Gain the ability to educate patients on the nutritional benefits of whole grains and a variety of seasonal vegetables, emphasizing their role in a balanced diet.
- Determine which types of fatty acids meet the recommended goals for cardiovascular health.
- List three anti-inflammatory foods and their role in heart disease prevention.

#### Accreditation Statement:

- Munson Healthcare is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.

#### Credit Designation:

- Munson Healthcare designates this live activity for a maximum of 2 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- The American Osteopathic Organization recognizes *AMA PRA Category 1 Credits™* as AOA Category 2 credit. This activity will be submitted to the American Osteopathic Association-Division of CME. Designation of credit is pending approval by the AOA-CCME.  
The American Osteopathic Organization recognizes American Academy of Family Physicians (AAFP) Prescribed and Elective Credit as AOA Category 2 credit. This activity will be submitted to the American Osteopathic Association-Division of CME. Designation of credit is pending approval by the AOA-CCME.
- The Munson Healthcare designates this live activity for a maximum of 2 Hour(s) Attendance w/ No Credit. Participants should claim only the credit commensurate with the extent of their participation in the activity.

#### Series Disclosures:

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, Munson Healthcare will implement mechanisms to identify and mitigate relevant financial relationships with ineligible companies for all individuals in a position to control content of this activity.

#### Event Disclosures:

Speakers:

Robert George and Paula Martin, MS, RDN have no financial relationship(s) with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients to disclose.

Planners and other Administrative Support:

Paula Martin, MS, RDN, J. William Rawlin, DO, and Jean Kerver, PhD, MSc, RD have no financial relationship(s) with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients to disclose.

**Commercial Support:**

This activity is not commercially supported.