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Culinary Medicine Lecture Series

Soups and Salads: Versatile and Nutritious Meals for Obesity and Weight Management

Date: Wednesday, October 15, 2025

Time: 6:00 PM - 8:00 PM

Location: Esperance Teaching Kitchen

Learning Format: In-Person

Presentation and Speaker Information:

- Soups and Salads: Versatile and Nutritious Meals for Obesity and Weight Management
 - Paula Martin, MS, RDN - Groundwork Center for Resilient Communities
 - Laura McCain, RD
 - Jennifer Emmons, DO

Learning Objectives:

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

- 1. Discover ways to enhance potassium, magnesium, dietary fiber and phytonutrient intakes for metabolic health and weight management support.
- 2. List three ways to combine plant-based proteins to ensure amino acid adequacy for adults.
- 3. Explore the digestive microbiota benefits related to fermented foods and beverages.

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:

Jennifer Emmons, DO 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.

Accreditation Statement:

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