# AzNMA 2026 In person/Live Stream (hybrid) Conference Schedule
## Building Brain Resilience: Strengthening Cognitive Health Across the Lifespan
November 6-8, 2026

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| **Friday, November 6, 2026** | | | |
| 5:30-8:30pm | Dr. Paul Anderson | Opioid Pain Management Workshop<br>*Meets Arizona requirement for three-hours of opioid/pain management CMEs annually* | 3.0 Opioid/ Pharm |
| **Saturday, November 7, 2026** | | | |
| **TIME** | **PRESENTER** | **TOPIC** | **CME** |
| 7:55-8:00 | Dr Jennifer Smith | Welcome and introduction (5 minutes) | - |
| 8:00-8:50 | Dr. Elizabeth Livengood, NMD | Updated Treatments for Dementia: Vascular, Alzheimer's and Long Covid | 1.0 PHARM |
| 8:50- 9:40 | Dr. Mi-Jung Lee ND/LAC | Brain Lipids, Neurodegeneration and Naturopathic Treatment options (50 minutes) | 1.0 PHARM |
| 9:40 -10:10 | - | BREAK (30 minutes) | - |
| 10:10-11:30 | Dr. Goodenowe | Restoring and Measuring Cognitive Resilience, Brain Structure, and Neurological Function: Essential Protocols and Technologies for Achieving Long-Lasting Brain Health | 1.5 GEN |
| 11:30-12:20 | Dr. Nicole Cain | The Anxious Brain as an Aging Brain | 1.0 PHARM |
| 12:20-12:40 | Morning speakers | PANEL Q & A (20 minutes) | - |
| 12:40-1:40pm | - | LUNCH BREAK (60 minutes) | – |
| 1:40-2:30 | Dr. Kasra Pournadeali, ND, FACN | The Cardiovascular–Neurodegeneration Link, Part 1: Accessible Screenings, Their Reliability, and How to Use Them to Identify Risk | 1.0 PHARM |
| 2:30-3:20 | Dr. Kasra Pournadeali, ND, FACN | Connecting Heart Health and Brain Protection, Part 2: Clinical Strategies in Cardiac Management to Mitigate Neurodegenerative Vulnerability(50 minutes) | 1.0 PHARM |
| 3:20-3:50 | - | BREAK (30 minutes) | - |
| 3:50- 4:40 | Dr. Suzanne Ferree | Wired for longevity: peptides and the autonomic brain | 1.0 PHARM |
| 4:40 -5:10 | Afternoon Speaker | PANEL Q & A (20 minutes) | |
| | | **CME:** | **7.5 (6.0 Ph)** |

| Sunday, November 8, 2026 | | | |
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| **TIME** | **PRESENTER** | **TOPIC** | **CME** |
| 7:55--8:00am | Dr Xan Simonson | Introduction | - |
| 8:00-9:20 | Dr. Dana Myatt, NMD | Night Shift: Sleep and Dreams, the Forgotten Pillar of Cognitive Health | 1.5 GEN |
| 9:20-10:10 | Dr. Jeff Langland, Ph.D | Botanical and Fungal Resources for Improving Cognitive Health | 1.0 GEN |
| 10:10-10:40 | - | BREAK (30 minutes) | - |
| 10:40-11:50 | Dr. Julia Malkowski ND, DC, BSc | The Gut–Brain–Inflammaging Axis: Permeability, Peptides, and Cognitive Decline | 1.5 PHARM |
| 11:50-12:10 | Morning Speakers | Panel Q & A (20 minutes) | |
| 12:10-1:10pm | - | LUNCH (60 minutes) | |
| 1:10-2:30 | Dr. Emily Whinkin ND, MS, PMH-C, FABNPsych | Psychedelics for Neurocognitive and Brain Health | 1.5 PHARM |
| 2:30-3:15 | AzNMA Leaders | Annual Membership Meeting (45 min) | 0.5 GEN |
| 3:15-3:45 | Break | BREAK (30 minutes) | – |
| 3:45 -4:35 | Dr. Tara Peyman | Medication Effects on Cognition: Clinical Insights and Integrative Protocols | 1.0 PHARM |
| 4:35-4:55 | Afternoon speakers | PANEL Q & A (20 minutes) | |
| | | **CME:** | **7 (4.0 Ph)** |

**TOTAL CME with Opioid Workshop: 17.5 hours (4.5 general, 13.0 pharm)**
**TOTAL CME without Opioid Workshop: 14.5 hours (4.5 general, 10.0 pharm)**