

## SABBATH, SEPTEMBER 12, 2026

Moderated by Pastor Shane Anderson, DMin

**9:00 a.m. - 10:30 a.m. & 11:45 a.m. - 1:15 p.m.**

**Pioneer Memorial Church**

**Faith-Based  
Approaches to Mental  
Health and Lifestyle  
Medicine for Chronic  
Disease**

**Eric Walsh, MD**

*Physician, Public Health Specialist & Associate Pastor at Country Life Seventh-day Adventist Church, Texas*

**Roger Seheult, MD**

*MedCram Co-Founder & Instructor/ Associate Clinical Professor, University of California, Riverside School of Medicine / & Assistant Clinical Professor, School of Medicine and Allied Health, Loma Linda University*

Live streaming available on PMC's website

## SUNDAY, SEPTEMBER 13, 2026

**10:00 a.m. - 12:00 p.m.**

**Culinary Medicine Cooking Demo Workshop 1**

**Brain-Healthy Bites:  
A Culinary MIND Diet  
Demonstration**

**Sherri, Isaak, MS, RD, CDCES, BC-ADM, DipACLM**

*Associate Professor & Director, Dietetic Internship, & Director of Lifestyle Medicine Clinic and Training Center, Andrews University*

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**Camille Adams, RD**

*EasyPeasyNutrition LLC & Benton Harbor Center for Wellness*

**10:00 a.m. - 1:00 p.m.**

**Phytotherapy of Herbs & Spices Workshop 2**

**Herbs and Spices  
for Diabetes &  
neurological  
disorders- Live plants  
Show & Tell; AI Tools  
for recipes**

**Padma Tadi Uppala, Ph.D., MPH, DipACLM**

*Professor, Associate Dean for CHHS & Director of Lifestyle Medicine Clinic and Training Center*

**Hannah Mbungu, BS (MPH)**

*Assistant Manager at the Andreasen Center for Wellness and MPH Graduate student*

ACW LOBBY

**Michael Uppala, BSPH, GRCCM**

*Lifestyle Medicine Coach, Andrews University*

**Bonny Dent, PT, MS, PCS**

*Professor, Andrews University*



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Title III U.S. Department of Education  
College of Health and Human Services  
School of Social and Behavioral Sciences  
School of Population Health, Nutrition & Wellness



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Mental Health & Lifestyle Medicine Symposium

Andrews  University

*AI, Social Media, and  
Implications for Mental Health  
and Lifestyle Medicine*

September 10-13, 2026

## Schedule of Events

### THURSDAY, SEPTEMBER 10, 2026

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**5:00 p.m. to 7:30 p.m.**

**Newbold Auditorium**

**Welcome Remarks**

**Stacey Nicely, PhD, LP**

*Director, Counseling and Testing Center, Andrews University*

**Sherri Isaak, MS, RD, CDCES, BC-ADM, DipACLM**

*Associate Professor & Director, Dietetic Internship, & Director of Lifestyle Medicine Clinic and Training Center, Andrews University*

**Word on the Street**

**Video feature by students of the Department of Visual Arts, Communication and Design**

**Debate Topic: Can AI replace human therapists?**

**Graduate and Undergraduate Psychology / Behavioral Sciences Students**

**Debate Response**

**Stacey Nicely, PhD, LP**

*Director, Counseling and Testing Center, Andrews University*

**Dr. Harvey Burnett, PhD, LP**

*Chair, School of Social & Behavioral Sciences, Professor of Psychology*

**Crisis, AI, and You: Smart Choices in Moments That Matter**  
*(Live Demonstration)*

**Stacey Nicely, PhD, LP**

*Director, Counseling and Testing Center, Andrews University*

**Fireside Chat**

**Sam Kann, MA**

*Chief Information Officer, Andrews University*

**Trudean Scott-Elliott, LPC, MA**

*Staff Counselor, Counseling and Testing Center, Andrews University*

**Introduction of Dr Hess**

**Sherri Isaak, MS, RD, CDCES, BC-ADM, DipACLM**

*Associate Professor & Director, Dietetic Internship, & Director of Lifestyle Medicine Clinic and Training Center, Andrews University*

**Artificial or Actual?: Implications and Strategies for Physical, Mental, and Spiritual Health**

**Michael Hess, MD**

*Medical Director & Lead Care Coordinator, Village Health*

**Closing remarks**

**Ingrid Slikkers, LMSW, CCTP, CFTP**

*Associate Professor of Social Work and Executive Director of the International Center for Trauma Education & Care*

# FRIDAY, SEPTEMBER 11, 2026

9:30 a.m. to 12:30 p.m.

**Newbold Auditorium**

Welcome

**Wagner Kuhn, PhD**  
*Chief Academic Officer, Andrews University*

Introduction of  
speakers

**Padma Tadi Uppala, Ph.D., MPH, DipACLM**  
*Professor, Associate Dean for CHHS & Director of Lifestyle Medicine Clinic and Training Center*

Intersection of  
Lifestyle Medicine and  
Behavioral Therapy

**Ron Stout, MD**  
*President and CEO of Ardmore Institute of Health (AIH)*  
**Steven Mauro, MBA, MS, LMFT, DipACLM**  
*Director of Operations, Ardmore Institute of Health*

**Breakout Sessions (55 minutes) 10:30 a.m. - 11:25 a.m.; 11:30 a.m. - 12:25 p.m.**

*Note: Each session will be offered concurrently to allow participants to attend 2 sessions in this segment.*

AI, Awareness, and  
Digital Protection

**Sam Kann, MA**  
*Chief Information Officer, Andrews University*

*Newbold*

Social Media  
Hyperconnectivity  
and Implications for  
Mental Health

**Karl Bailey, PhD**  
*Professor of Psychology | Chair, Faculty Policy Development Council | Chair, Faculty Policy Development Council*

*BUL251;  
NH200  
(11:30a)*

Intelligent Tools,  
Faithful Hands: AI  
for Work, Ministry  
and Life

**Janine Lim, PhD**  
*Dean, Global Campus, Andrews University*

*NH220*

1:00 p.m. to 3:30 p.m.

**Newbold Auditorium**

1:00 p.m. to 2:15 p.m.

Sleep and the  
University Student

**Roger Seheult, MD**  
*MedCram Co-Founder & Instructor, Associate Clinical Professor, University of California, Riverside School of Medicine, & Assistant Clinical Professor, School of Medicine and Allied Health, Loma Linda University*

2:15 p.m. to 3:30 p.m.

**Nature as Medicine (variety presentations)**

Nature's Prescription  
for a Healthy Mind

**Padma Taddi Uppala, PhD, PhD**  
*Associate Dean, College of Health and Human Services & Professor and Director of Lifestyle Medicine Program, Andrews University*

Mediterranean-DASH  
Intervention for  
Neurodegenerative  
Delay (MIND) Diet

**Sherri Isaak, MS, RD, CDCES, BC-ADM, DipACLM**  
*Associate Professor & Director of Dietetic Internship & Associate Director of Lifestyle Medicine Program, Andrews University*

Birds in your Berrien  
Springs Backyard and  
Beyond

**Brynja Davis, PhD**  
*Assistant Professor of Speech-Language Pathology, Andrews University*

Foraging Journey  
into the Nutritive and  
Medicinal Benefits of  
Wild Things in Your  
Backyard

**Bonny Dent, PT, MS, PCS**  
*Adjunct Faculty, Associate Professor, Andrews University*

## Presenters' Bio Page



### Michael L. Hess, MDiv, MD

*Health Ministries Director, Village SDA Church*

Raised as a pastor's kid in Northern California, he was involved in ministry at a young age. He graduated from PUC, where he met Vickie. While attending seminary, he became convicted that God wanted him to combine pastoral ministry with medical ministry. After completing his Master of Divinity degree at Andrews University he attended medical school at Loma Linda. Following a

family medicine residency in Merced, he spent 19 years in Northern California working as a pastor and physician. He now serves as assistant pastor and medical director at Village Church in Berrien Springs Michigan. His passion is to guide people to complete restoration, physical, mental, and spiritual, through a deeper walk with Jesus. He is married to Vickie, who grew up in Indiana. They have 6 children and 4 grandchildren. He enjoys going into nature to wander and explore.

#### TOPIC DESCRIPTION

### Artificial or Actual?: Implications and Strategies for Physical, Mental, and Spiritual Health

In this presentation we will review the history of the artificial vs. natural, discuss a framework for understanding the impact on human health, and present strategies to mitigate the negative effects of living where the artificial has become seemingly ubiquitous.



### Ron Stout, MD, MPH

*President and CEO, Ardmore Institute of Health*

Dr. Ron Stout serves as President and CEO of Ardmore Institute of Health (AIH), whose mission is to enrich the health and vitality of people to live more meaningful and purpose filled lives. Previously, he worked as Medical Director at Procter & Gamble (P&G), leading occupational health, pharmacovigilance, and Medical Affairs. At P&G, he supported acquisitions and New Ventures, including

MDVIP, OTC, VMS, and pharma product launches.

American College of Lifestyle Medicine (ACLM) has announced that Ardmore Institute of Health (AIH) President and CEO Ronald W. Stout, MD, MPH-HA, FACLM, FAAFP, FACPM, FACOEM, is the recipient of the medical professional organization's 2024 Trailblazer Award. Dr. Stout was presented the award at ACLM's recent annual conference in Orlando, Florida. The Trailblazer Award recognizes an individual who has and is currently providing leadership in the field of lifestyle medicine, helping strengthen the foundation laid by others, while advancing it through innovation. This individual is recognized for the extraordinary contributions they have made in any one of several domains, such as patient care, research, innovation, management or community service.

In his leadership position at AIH, Dr. Stout has championed a wide array of lifestyle medicine initiatives, such as the ACLM-certified program Full Plate Living Program, ACLM's Health Disparities Solutions Summit, and ACLM's LEADR Curriculum, a medical nutrition intervention to facilitate improved glucose

control with the eventual goal of disease remission among people with type 2 diabetes. He also provided seed funding for ACLM's "Foundations of Lifestyle Medicine Board Review" course and the establishment of the American Board of Lifestyle Medicine.

Dr. Stout was formerly Medical Director for Preventive Medicine and Occupational Services at Kettering Health Network in Ohio. He served in the United States Air Force (AF) as Occupational and Preventive Medicine Consultant, Principal Investigator Air Force Health Study, and IMA to the office of the AF Surgeon General.

Dr. Stout has served on the NIOSH Board of Medical Advisors, the Preventive Medicine Section Council of the AMA, the American Board of Preventive Medicine, the American College of Lifestyle Medicine, and numerous other private and public boards. He is ABMS board certified in family medicine, general preventive medicine and public health, and occupational medicine and is a fellow of the American College of Lifestyle Medicine.



## Steven Mauro, MBA, MS, LMFT, DipACLM

*Director of Operations, Ardmore Institute of Health*

Steven Mauro brings over a decade of experience in bridging behavioral health and organizational leadership to advance Ardmore Institute of Health's (AIH) mission to enrich the health and vitality of people to live more meaningful and purpose filled lives. As Director of Operations, he supports AIH's strategic priorities to integrate

whole person care into mainstream clinical practice, strengthen the evidence base for multidisciplinary strategies to prevent, treat, or reverse chronic disease, and position AIH as a trusted national catalyst for behavioral health enrichment.

Steven's clinical and leadership background spans a wide range of care settings. He began his career in inpatient substance use rehabilitation and acute psychosis stabilization, later expanding into school-based child therapy and community mental health. He also served as a Military Family Life Counselor at Travis Air Force Base, providing on-demand counseling and behavioral health education to over 15,000 service members and their families.

As an advisor for the Mental Health Services Act (MHSA) in Solano County, Steven evaluated outcomes across county-funded programs. He supported data-driven decisions that enhanced access to behavioral health services for more than 2,000 consumers. As System Supervisor for UCHHealth's Behavioral Health Service Line, Steven led operational redesign, performance optimization, and clinical supervision. Steven and his spouse Elisabeth enjoy every moment with their son. Elisabeth is a United States Air Force veteran dentist, former Wing Officer Executive, and Meritorious Service Medal recipient as a Company Grade Officer, now practicing as an orthodontist.

### TOPIC DESCRIPTION

## Intersection of Lifestyle Medicine and Behavioral Therapy Friday

Mental health in the United States faces a mounting crisis characterized by rising prevalence, inadequate outcomes from pharmacologic treatments, and compounding social and environmental stressors. Traditional care models often neglect the biopsychosocial factors that shape psychological well-being, underscoring the need to integrate lifestyle medicine and behavioral health more deeply. Lifestyle interventions, including nutrition, physical activity, sleep hygiene, stress resilience, social connection, and reduction of harmful substance use, are biologically active treatments that influence neuroplasticity, inflammation, circadian rhythms, and emotional regulation. Framing these interventions as first-line rather than merely adjunctive repositions them at the center of mental health care. Behavioral health professionals are uniquely positioned to facilitate this shift through therapeutic alliance, motivational interviewing, psychoeducation, and interprofessional collaboration. Effective clinical integration requires

systematic assessment of lifestyle domains, incorporation of lifestyle interventions into psychotherapeutic modalities, and deployment through community-based and digital platforms to improve access and adherence. Emerging fields such as lifestyle psychiatry, positive psychology, nutritional psychology, and community-based health models further demonstrate the promise of synergistic care that addresses the full range of biological, psychological, social, and environmental influences on mental health.



## Roger Seheult, MD

*MedCram Co-Founder & Instructor*

Dr Roger Seheult is currently an Associate Clinical Professor at the University of California, Riverside School of Medicine, and an Assistant Clinical Professor at the School of Medicine and Allied Health at Loma Linda University.

Dr. Seheult is quadruple board-certified in Internal Med-

icine, Pulmonary Diseases, Critical Care Medicine, and Sleep Medicine through the American Board of Internal Medicine.

Roger's current practice is in Beaumont, California where he is a critical care physician, pulmonologist, and sleep physician at Optum California. He lectures routinely across the country at conferences and for medical, PA, and RT societies, is the director of a sleep lab, and is the Medical Director for the Crafton Hills College Respiratory Care Program.

In 2012 he and Kyle Allred founded MedCram L.L.C., a medical education company with CME-accredited videos that are utilized by hospitals, medical schools, and hundreds of thousands of medical professionals from all over the world (and over 1 million YouTube Subscribers). His passion is promoting healthy lifestyles and regularly lectures to schools, hospitals, and media outlets. Dr. Seheult was the recipient of the 2021 San Bernardino County Medical Society's William L. Cover MD Award for Outstanding Contribution to Medicine and the 2022 United Health Group's The Sages of Clinical Service Award. In 2022, both Roger Seheult and Kyle Allred received the HRH Prince Salman bin Hamad Al Khalifa Medical Merit Medal from the Kingdom of Bahrain for their contribution to health policy in the Kingdom of Bahrain. His passion is "demystifying" medical concepts.

### TOPIC DESCRIPTION

## Sleep and the University Student

Sleep is one of the most powerful—and often overlooked—determinants of learning, mental health, physical wellbeing, and academic success. Yet chronic sleep deprivation has become increasingly common among university students, contributing to impaired concentration, reduced memory, anxiety, depression, and diminished academic performance.

Drawing on current scientific research and years of experience as a physician specializing in pulmonary, critical care, and sleep medicine, Dr. Roger Seheult will explore how sleep shapes the developing mind and body, why all-night studying often undermines learning, and practical strategies students can use to improve both their health and academic performance.

Whether you are a student, faculty member, administrator, or parent, this presentation offers evidence-based insights and practical recommendations for promoting healthier sleep and supporting whole-person education.

This presentation reviews the scientific evidence linking healthy sleep to academic success, mental health, physical wellbeing, and spiritual stewardship. University students face unique challenges because their biological sleep rhythms naturally shift later during adolescence and early adulthood while academic demands often encourage late-night studying and irregular sleep schedules.

## Topics to be Covered:

### 1. The Importance of Sleep

- Why sleep is essential for learning, memory, concentration, emotional health, and overall wellbeing.
- The prevalence and consequences of chronic sleep deprivation among university students.

### 2. Understanding How Sleep Works

- Circadian rhythms and sleep pressure.
- The roles of REM sleep and deep slow-wave sleep.
- Recommended sleep duration for young adults.

### 3. Sleep and Academic Performance

- Why “all-nighters” impair learning and long-term memory.
- The science of memory consolidation during sleep.
- Evidence-based study strategies that improve both learning and examination performance.

### 4. Circadian Disruption and Health

- Research demonstrating the metabolic and immune consequences of staying awake at night and sleeping during the day.
- The importance of maintaining a regular sleep-wake schedule.

### 5. Practical Sleep Hygiene

- Evidence-based strategies students can use to improve sleep quality.
- Recognizing symptoms of chronic sleep deprivation and when to seek help.

## Special Considerations for Andrews University

Andrews University’s location in Berrien Springs presents unique seasonal challenges that are not experienced by many universities farther south.

### Topics for discussion include:

- The effects of northern latitude on daylight exposure during the academic year.
- Very late winter sunrises, resulting in many students beginning classes before receiving meaningful natural morning light.
- The potential impact of reduced winter daylight on alertness, mood, and academic performance.
- Practical strategies to help students maximize healthy light exposure and maintain regular sleep schedules during the winter months.

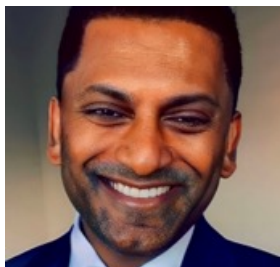


### Karl Bailey, PhD

*Program Director & Professor of Psychology,  
Andrews University*

Karl Bailey is a Professor of Psychology and Director of the Center for Teaching and Learning at Andrews University. He earned his Ph.D. in Cognitive Psychology from Michigan State University, where he trained as an interdisciplinary cognitive scientist. His research has ranged from language and vision to religious cognition, critical

thinking, teaching and learning, and the ways people use generative AI. He has led a multi-wave study of Seventh-day Adventist Church members for over a decade.



## Sam Kann, MA

*Chief Information Officer, Andrews University*

Sam Kann has over 20 years of experience in the IT industry and is a visionary and service-driven enterprise technology architect committed to delivering scalable, value-rich solutions that drive transformation. As a current CEO/CIO, He leads enterprise-wide IT strategy - overseeing product development, cloud infrastructure, security compliance, and vendor ecosystems. His pro-

fessional role extends into R&D, where he spearheads initiatives focused on scaling SaaS platforms, leveraging AI/ML, and enhancing UX/UI to meet evolving market needs.

Beyond the boardroom, Sam is the founder of SiSiOuiOui (SSOO) and BuduPortal (formerly MyCollife) - creative platforms that merge his passion for design with his dedication to education. Through these ventures, he supports K-20 students in discovering the pursuit of happiness, while also exploring the intersection of fashion, technology, and culture. Sam's journey has included publishing thought leadership on SaaS development, podcasts, launching a fashion line, and even hosting a cooking show - embodying a holistic blend of innovation, artistry, and entrepreneurship.

He is continuously inspired by opportunities to grow, lead, and collaborate with forward-thinking professionals who share a commitment to impact, inclusivity, and excellence.

### TOPIC DESCRIPTION

Deepfakes are AI-generated videos, audio, or images that appear real but have been manipulated to depict people saying or doing things they never did. Learn how to combine basic awareness of how deepfakes work with critical thinking and verification methods. Additionally, find out how to manage your social media output to protect yourself from AI hacks and other AI malpractice.



## Janine Lim, PhD

*Dean of Global Campus, Andrews University*

Janine Lim serves as Dean for Global Campus at Andrews University, in Berrien Springs, MI. She is also Professor of Educational Technology in the School of Education. She and her team support over 60 online degrees, provide training for faculty teaching online, and work with the campus infrastructure support of online and digital learning. Her department also provides educational technolo-

gy and Moodle support for faculty and students. In addition, Janine serves as Chair for the Consortium of Adventist Higher Education Online (CAREOnline). Janine has taught over 15 unique graduate educational technology classes online numerous times over the past 20 years, with some classes attracting participants from all over the world. Janine served on the board of the United States Distance Learning Association from 2015 to 2019 and serves on the advisory board of USDLA since 2019.

Prior to her work at Andrews University, Janine coordinated distance education for 22 K12 school districts in southwest Michigan from 1997 to 2011. In that position, as one of the co-founders of TWICE, Michigan's K12 Videoconferencing Organization, Janine spearheaded popular international K12 video-conference projects such as Read Around the Planet and MysteryQuest. While still serving on the board of TWICE, she was instrumental in designing and implementing the website for collaborative videoconference projects. Janine also served on a team of Michigan educational technology trainers providing a workshop called ATA Technology Academy.

Her current online learning research interests include successful teacher behaviors, quality online discussions, and student activity patterns in self-paced courses.

## TOPIC DESCRIPTION

Artificial intelligence is already reshaping how we work, learn, and serve. But how do we harness its power without losing our human — and spiritual — center? Discover the real benefits, honest risks, and practical how-tos of AI through live demonstrations, personal examples from higher education and Sabbath School ministry, and a framework for engaging technology with discernment and intentionality.

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### **Padma P. Tadi Uppala, Ph.D., MPH, DipACLM**

*Associate Dean, Director, Professor (CHHS),  
Andrews University*

Padma P. Tadi Uppala is the Associate Dean for Research and Creative Scholarship in the College of Health & Human Services and Professor and Director of the Lifestyle Medicine Clinic and Training Center in the School of Pop-

ulation Health, Nutrition, and Wellness at Andrews University. She earned her Ph.D. in Tumor Biology and Master of Public Health (MPH) in Lifestyle Medicine from Loma Linda University. She is a board-certified Lifestyle Medicine professional and holds the Diplomate of the American College of Lifestyle Medicine (DipACLM) credential.

Dr. Uppala is a breast cancer researcher and environmental health scientist whose research focuses on cancer prevention and the therapeutic potential of bioactive compounds found in foods such as garlic, soybeans, and tomatoes. Her scholarly work encompasses environmental health, phytochemicals, breast cancer biomarkers, serum proteomics, and disease prevention through evidence-based lifestyle interventions. She has authored and co-authored more than 30 peer-reviewed publications and has presented her research nationally and internationally. She is also involved in the development and intellectual property protection of novel breast cancer biomarkers, with a patent application currently in process.

Throughout her academic career, Dr. Uppala has secured competitive research and educational grants and has received numerous honors for her contributions to research, teaching, and academic leadership. Her recognitions include the American Association for Cancer Research/HBCU Scholar Award in Cancer Research, the Dean's Award for Doctoral Programs at Loma Linda University, the Thomas and Violet Zapara Excellence in Teaching Award by the General Conference of SDA, the Oakwood College President's Award for Excellence in Research and Teaching, the Susan G. Komen for the Cure Mission Award, and an Excellence in Teaching Award at Andrews University.

Dr. Uppala's passion as an educator extends far beyond the transmission of knowledge. She is committed to mentoring and guiding students toward academic excellence, holistic development, and, most importantly, a personal relationship with Jesus Christ—the only One who can restore in them what was lost in Eden.

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### **Sherri Isaak, MS, RD, CDCES, BC-ADM, DipACLM**

*Assoc. Professor (CHHS), Director,  
Andrews University*

Sherri Isaak is a registered dietitian nutritionist, Certified Diabetes Care and Education Specialist (CDCES), board-certified in Advanced Diabetes Management (BC-ADM), and a board-certified Lifestyle Medicine Practitioner (DipACLM) through the American College of Life-

style Medicine. She earned her MS in Human Nutrition from Andrews University and has more than 20 years of experience in clinical nutrition, diabetes care, and lifestyle medicine.

Sherri is an Associate Clinical Professor at Andrews University, where she serves as Director of the Clinical Plant-Based Dietetic Internship and Interim Director of the MS in Nutrition and Wellness program. She is passionate about educating future healthcare professionals and advancing evidence-based lifestyle medicine.

In addition, Sherri has taught wellness lectures for the University of Notre Dame's Executive MBA program, with a focus on the MIND diet and evidence-based nutrition strategies to support brain health. Sherri is also the owner of Isaak Nutrition Solutions, LLC, a private practice providing in-person and virtual medical nutrition therapy. She specializes in plant-based nutrition, diabetes, cardiovascular disease, weight management, and lifestyle interventions for chronic disease prevention and treatment.

Previously, as Clinical Director at Cecelia Health, Sherri helped develop a nationwide, technology-enabled diabetes care program serving English- and Spanish-speaking individuals. In recognition of her work, the American Association of Diabetes Educators named her a Change Champion for her contributions to diabetes care and digital health.

She has authored numerous patient and professional education resources for organizations including Humana, Bayer Diabetes Care, Sanofi, Novo Nordisk, GlaxoSmithKline, and Weight Watchers. Sherri enjoys plant-based cooking, hiking, cross-country skiing, precepting dietetic interns and helping patients make long-term lifestyle changes.



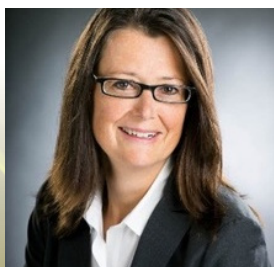
## **Brynja Davis, PhD, CCC-SLP**

*Associate Dean (CHHS), Andrews University*

Brynja Davis is an educator, clinician, and nature enthusiast whose work reflects a deep commitment to healing—both through science and the natural world. As an Associate Dean in the College of Health and Human Services and a faculty member in the Speech-Language Pathology program within the School of Rehabilitation Sciences, she brings both leadership and heart to her roles.

Dr. Davis earned her Bachelor of Science in Speech-Language Pathology and Audiology from Andrews University in 1997, followed by a Master of Science in Speech-Language Pathology from Loma Linda University in 2000. She completed her Ph.D. in Communication Sciences and Disorders at Wayne State University in 2022, further strengthening her expertise in the field.

Her professional journey is grounded in a belief that true healing extends beyond clinical practice. She embraces the restorative power of what she calls “God food”—natural, nourishing elements that support both body and spirit—and finds inspiration in the rhythms of the natural world. An avid bird enthusiast, Dr. Davis often draws parallels between nature's intricate systems and the complexity of human communication, bringing a unique and holistic perspective to her teaching and leadership.



## **Bonny Dent, PT, MS, PCS**

*Adjunct Professor, Andrews University*

Bonny Dent attended Andrews University and received a BS in Anatomy and Physiology followed by her MS in Physical Therapy. Specializing in the treatment of infants and children, she received a Pediatric Clinical Specialist certification and taught physical therapy students in the areas of assessment and pediatrics for 15 years. Because of a growing interest in spirituality and its im-

plications on health, she pursued this topic through continuing education, a symposium to the APTA, and research. She continues to teach as an adjunct professor on the topic of integrating spirituality in healthcare to Andrews University students majoring in a variety of health professions.

Motivated by a desire to eliminate stinging nettle from her farm, she learned to appreciate its benefits and embarked on a 6-year foraging journey into the nutritive and medicinal benefits of wild things in her own backyard.

## Variety Topic Descriptions

### Nature As Medicine

**Nature's Prescription for a Healthy Mind:** As university faculty, we're constantly thinking about how to support student wellbeing while also sustaining our own in increasingly demanding environments. Yet one of the most accessible, evidence-based ways to reduce stress, restore attention, and improve overall wellbeing is something we rarely formalize in higher education: time in nature.

At a faith-based institution such as Andrews University, this idea may resonate even more deeply. The natural world is not just a resource—it draws our body mind and soul to our Creator Jesus Christ. The concept of “prescribing nature”—is a simple, structured way to support wellbeing and engagement for both students and faculty.

In this presentation, I'll share “Nature Prescription for a healthy mind” and how this can be applied in realistic ways within a university setting. You will reflect on Jesus' recreation among nature, health benefits of nature, nature prescription, interventions in nature and Forest bathing. You will also be introduced to AI tools in nature interventions such as NatureDose, NatureScore and Seek by iNaturalist. – Dr Padma Tadi Uppala

**Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diet:** Discover how everyday food choices can support brain health and help reduce the risk of cognitive decline. Learn how the evidence-based MIND diet, which combines elements of the Mediterranean and DASH eating patterns, can promote brain health. This presentation highlights the diet's key components and provides practical, easy-to-implement strategies for incorporating brain-healthy foods into your daily routine. - Sherri Isaak

**Birds in your Berrien Springs Backyard and Beyond:** This presentation explores the joy and accessibility of birding within your local community while highlighting the powerful health benefits of spending time in nature. Participants will learn how observing birds can foster an appreciation of God's love through His creation, reduce stress, and enhance overall well-being. Drawing connections between nature, movement, and mental health, this session will also introduce practical ways to incorporate birding into daily routines—no expertise required. Whether you're a seasoned birder or simply curious, discover how connecting with the natural world can support both physical and emotional health. – Dr Brynja Davis

**Foraging Journey into the Nutritive and Medicinal Benefits of Wild Things in Your Backyard:** An introduction to foraging with a focus on Michigan summer plants will be presented. Identification, proposed medicinal benefits, and research, including personal culinary experience with wild plants will be highlighted. - Bonny Dent



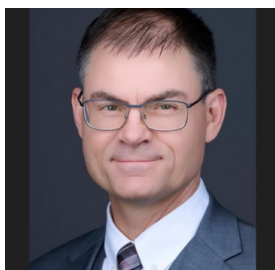
## Eric Walsh, MD, DrPH

*Healthcare Ambassador*

Dr. Eric Walsh is a physician, public health leader, and minister who integrates faith, purpose, and professional excellence. He earned his medical degree from the University of Miami School of Medicine and a master's and doctorate in public health from Loma Linda University. He considers his time at Oakwood University foundational to his spiritual and leadership development.

Dr. Walsh has served as an advisor on HIV/AIDS to two U.S. presidents and has worked in medicine, healthcare administration, and pastoral ministry. Today he serves as Associate Pastor at Country Life Seventh-day Adventist Church in Cleburne, Texas while continuing his work as a practicing physician and international speaker.

Passionate about helping young professionals live mission-driven lives, Dr. Walsh speaks around the world on leadership, faith, health, and purpose. He shares life and ministry with his wife Jacqueline, his partner and closest friend.



## Shane Anderson, DMin, M.Div,

*Lead Pastor, Pioneer Memorial Church*

Shane Anderson is the Lead Pastor at Pioneer Memorial Church, the campus church for Andrews University. Prior to that, he was the senior pastor for 19 years of the campus church for Shenandoah Valley Academy in New Market, Virginia. Pastor Shane is pleased to be back at his alma mater, where he received both his Master of Divinity (1999) and his Doctor of Ministry with a concentration in Leadership (2017).

He is currently a monthly columnist for the Adventist Review, the flagship journal of the Seventh-day Adventist Church, and is the author of the best-selling book, "How to Kill Adventist Education (And How to Give It a Fighting Chance!)." He has written for a variety of publications both foreign and domestic, both popular and peer reviewed.

He has been a regular speaker at conference, union, and division conventions for pastors and teachers in North, Central, and South America, as well as the Caribbean, speaking on the topics of Adventist Education, young adult ministry, and the Three Angels Messages.

He is thrilled to be married to his wife, Darlene, and has two beautiful daughters, Sierra and Ellie. Pastor Shane enjoys traveling with his family, studying history, and mountain biking. His driving passion is to know Jesus and to make Him known through the unique prophetic message of the Seventh-day Adventist Church.

Pastor Anderson will moderate the topic: Faith-Based Approaches to Mental Health and Lifestyle Medicine for Chronic Disease which will be discussed by Drs Walsh and Seheult.



## Camille Adams, RD

*Owner of EasyPeasyNutrition LLC*

Camille Adams is a registered dietitian who specializes in community nutrition and culinary medicine. She works at the Benton Harbor Center for Wellness, and is the South Chapter lead for WISH BRG. She is a proud Michigan State University graduate, American Heart Association volunteer, Member of the National Dairy Council, Consultant for Diversify Dietetics and the Advisory Board Chair

of Present Pillars. She enjoys meeting individuals where they are in their nutrition journey and she is incredibly passionate about making nutrition care accessible, enjoyable and fun. Camille Adams is the Owner of EasyPeasyNutrition LLC. [www.Camilleadams-nutrition.com](http://www.Camilleadams-nutrition.com)

## Topic Description

### Brain-Healthy Bites: A Culinary MIND Diet Demonstration

Discover how everyday food choices can support brain health through a culinary MIND Diet demonstration featuring simple, flavorful recipes inspired by the Mediterranean and DASH eating patterns. Learn practical ways to incorporate brain-healthy foods into daily meals and explore how AI tools and social media resources can simplify meal planning, recipe inspiration, and healthy cooking.

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### Michael Uppala BSPH, GRCCM

*Lifestyle Medicine Coach, Andrews University*

Michael Uppala graduated from Andrews University with a Bachelor of Science in Public Health and a Graduate Certificate in Culinary Medicine. He previously served as a Web Design Assistant at Loma Linda University and as a Social Media Coordinator and Website Consultant in the Department of Nursing at Andrews University.

Michael currently serves as a Lifestyle Medicine Coach at Andrews University, where he supports individuals in adopting healthy lifestyle practices. Outside of his professional work, Michael enjoys skating, biking, soccer, and spending time outdoors. He was a varsity soccer player at Loma Linda Academy and continues to enjoy an active lifestyle. He especially values spending time outdoors with his wife and their one-year-old son, Louis.

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### Hannah Mbungu, BS, (MPH)

*Manager at the Andreason Center for Wellness, Andrews University*

Hannah Mbungu is an Assistant Manager at the Andreason Center for Wellness on the campus of Andrews University. She holds a Bachelor's degree in Nutrition and Dietetics from Andrews University and is currently pursuing a Master of Public Health with a concentration in Nutrition and Wellness. Her interest in herbs and spices

grew out of Dr. Padma Uppala's course on Phytotherapy and Pharmacology of Herbs and Spices, leading to this opportunity to co-present alongside Dr. Uppala. Hannah is passionate about helping others live healthier, fuller lives through evidence-based nutrition and wellness care.

### Other presenters for this workshop:

Dr Padma Tadi Uppala, Tina Pena, Heidi Thomkin, Ivan Raj, Bonnie Dent

## Topic Description

### Phytotherapy of Herbs & Spices Workshop 2

Traditionally, medicinal plants, herbs, and spices were valued by diverse cultures as natural resources for relieving ailments, strengthening the organism, and preventing disease. At present, however, this ancestral knowledge has begun to be integrated with greater rigor into the field of Pharmacognosy, owing to the development of pharmacological studies, systematic reviews, meta-analyses, clinical trials, and molecular analyses.

Herbs and spices should not be understood merely as culinary ingredients or traditional resources, but rather as complex sources of bioactive compounds with pharmacological potential. Substances derived from herbs and spices that include curcumin, allicin, gingerols, shogaols, eugenol, piperine, capsaicin, thymoquinone, crocin, tanshinones, ginsenosides, and other secondary metabolites have been investigated for their capacity to modulate biological processes linked to inflammation, oxidative stress, glucose metabolism, cardiovascular function, neuroprotection, pain relieving, digestive disorders, and certain mechanisms associated with cancer. The scientific interest in these compounds responds to a contemporary need: that of identifying complementary, safe, and accessible strategies that may contribute to the prevention and comprehensive management of chronic diseases. Among the most notable of these conditions are type 2 diabetes mellitus, cardiovascular diseases, neurodegenerative disorders, chronic pain, digestive conditions, and certain processes related to tumor progression.

Unlike conventional drugs, which are typically directed at a specific molecular target, many plant-derived compounds exert pleiotropic effects. This means that they can simultaneously influence several cellular pathways. Curcumin, for instance, has been studied for its capacity to modulate inflammatory pathways such as NF- $\kappa$ B and COX-2, in addition to exerting antioxidant and potentially neuroprotective effects. Ginger, through gingerols and shogaols, has demonstrated anti-inflammatory, digestive, analgesic, and metabolic activity. Garlic, rich in organosulfur compounds such as allicin, has been associated with cardiovascular, antihypertensive, and antimicrobial benefits. Clove, whose principal compound is eugenol, has been linked to antioxidant, anti-inflammatory, analgesic, and neuroprotective activity. These examples illustrate the pharmacological richness of natural products that, over the course of centuries, have formed part of human diet and traditional medicine.

In this workshop, we will showcase medicinal herbs and spices. And provide you with information on their preventive properties for various symptoms and diseases conditions. There will be giveaways of herb seeds and other products.

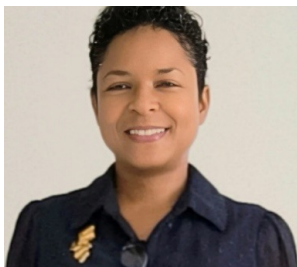


## Clarissa Keller, MS, DTLRP

*Psychology Pre-doctoral Intern*

Clarissa Keller has spent much of her life in academic settings, first in special education and elementary school teaching before transitioning to Counseling psychology, a journey that brought her to Andrews University. Clarissa has a Master of Science Degree in Counseling Psychology and is currently completing her last year of Doctoral

Studies also in Counseling Psychology. She is currently working completing an internship as a Predoctoral Psychology clinician at the Counseling and Testing Center. Her love for Education and Academia brought her to Andrews University and she loves participating in various programs that support those endeavors. In Addition to that, Clarissa enjoys nature immensely, specifically Trees and Mushrooms. But most of all, she enjoys spending time with others through thoughtful experiences and meaningful conversations.



## Camille Graham, MS, DTLPP

*Psychology Pre-doctoral Intern*

Camille Graham is a doctoral candidate in Counseling Psychology at Andrews University currently completing her pre-doctoral internship at the Counseling and Testing Center. Her career spans research, policy, and clinical work across Jamaica, the United Kingdom, and the United States, with a focus on vulnerable and underserved

populations. Her doctoral dissertation examines how gender norms and cultural beliefs influence perceptions of child sexual abuse in a Jamaican faith community. She is committed to bridging research, clinical practice, and policy development and implementation to improve outcomes for trauma-affected children and families, particularly in her home country, Jamaica. As a committed Seventh-day Adventist Christian, Camille believes that healing is more than the absence of disease and continually seeks after what Dr. Eric L. Johnson calls, “the psychology of God” – a healing practice grounded in divine principles of transformation and restoration.



## Misana Msholla, D.M.

*Clinical Mental Health Intern*

Misana Msholla, was born and raised in Tanzania. He currently serves as a Clinical Mental Health intern at the Andrews University Counseling and Testing Center. He is passionate about walking alongside people during difficult seasons of their lives and helping them discover hope, strength, and healthy ways of coping. He earned

his undergraduate degree in Medicine from Kairuki University in Tanzania which gave him a strong foundation in caring for people and understanding their health needs. His experiences in medicine also helped him recognize how deeply emotional and psychological well-being can affect a person's overall health and quality of life. This realization inspired him to pursue a Master of Arts in Clinical Mental Health Counseling at Andrews University in Michigan. He is interested in behavioral health, addiction and working with people from diverse cultural backgrounds. Outside of his academic and professional goals, he values relationships, community, faith, service, and opportunities to learn from the people around him.

### Topic Description

#### Can AI Chatbots Replace Human Therapists?

Artificial Intelligence has become an integrated part of human living and not many see life without it going forward. Some individuals have sought social connections and found that with the launch of chatbots they no longer feel as isolated or judged and can freely disclose their mental health concerns. As such, AI chatbots have become friends, date partners, teachers, therapists and our muse. How far will AI take us? What has our experience been having included AI in our intellectual, social and physical spaces? What is the end goal? There are probably more questions than there are answers.

Be part of this vibrant and thought-provoking historic debate segment as presented by undergraduate and graduate teams within behavioral sciences. Listen and support your school of thought as scholars challenge each other on the moot topic: Can AI chatbots replace human therapists?

**Other Speakers:** Ethan Izumi, Emma Campbell, Lance Wilbur

**Background Research:** Connor Robertson