2026 Annual Conference – Agenda

Saturday, October 10, 2026 - Lynnwood Event Center

Time	Activity/Topic (sessions in **bold**)	Speakers	CE/Pharma
9:00 a.m.	*Check-in, coffee, and connection*		
9:25	Welcome	Sara Weelborg	
9:30	**Hormones and mental health: What every psychiatric NP should know**	**Dr. Nicole Smith**	1.25/1.00
10:45	*Break, exhibitors, and social time*		
11:15	Meeting our AAPPN volunteers	Sara Weelborg	
11:20	**Metabolic Psychiatry—A paradigm shift in mental health**	**Polly Halpern**	1.00/1.00
12:20 p.m.	*Lunch, exhibitors, and social time*		
1:40	**Beyond the diagnosis: Restoring the biological terrain of mental health — nutritional, inflammatory, metabolic, endocrine, and mitochondrial contributors to psychiatric symptoms**	**Dr. Penney Stringer**	1.00/1.00
2:40	*Break, exhibitors, and social time*		
3:10	**Obesity management essentials for the psychiatric NP**	**Sandra Christensen**	1.25/0.75
4:25	Adjourn	Sara Weelborg	