



Eye Health | Participant Webinar #14 | Run Sheet

Wed, Oct 18th, 2023; 11am PT/1pm CT/2pm ET

Time (PDT)	Content	Speaker/ Presenter
11:00am	Welcome remarks; previous webinar information; webinar topic introduction and etiquette	Dr. Cyndi Thomson
11:02am	Introduce Dr. Emily Gower Presentation Topic: The Visionary Importance of Eye Health	Dr. Cyndi Thomson <u>Dr. Emily Gower</u> <i>Associate Professor of Epidemiology</i> <i>University of North Carolina Gillings Schools of Public Health</i>
11:03am	Poll Questions: <ul style="list-style-type: none">– If you had to lose one sense, which would you choose?– If you wear glasses to see at distance, when was the last time you had your glasses prescription updated?	Dr. Cyndi Thomson
11:04am	Presentation, “The Visionary Importance of Eye Health”	Dr. Emily Gower
11:23am	Introduce Dr. Julie Mares Presentation Topic: Dietary patterns and supplements to slow age-related eye disease, and foster vision	Dr. Cyndi Thomson <u>Dr. Julie Mares</u> <i>Professor in Department of Ophthalmology & Visual Sciences</i> <i>University of Wisconsin-Madison</i>
11:25am	Poll Questions: <ul style="list-style-type: none">– Which diet patters are most healthful?– Which plant pigment gives the center of the macula (the retina) its yellow color?	Dr. Cyndi Thomson
11:27am	Presentation, “Dietary patterns and supplements to slow age-related eye disease and foster vision”	Dr. Julie Mares
11:46am	<ul style="list-style-type: none">• Panel discussion: Q&A from the audience	ALL

		Moderator: Cyndi Thomson
11:57am Transition/Closure	Closing Remarks: - Thank you to our speakers and those of you who submitted questions.	Cyndi Thomson