



A DAY OF Evidence, Conversation & Action




Better Health.
Stronger Communities.
Brighter Futures.

Uniting leaders in health, lifestyle and community
to create healthier, stronger communities.



FOOD AS MEDICINE

Plant-based meals
that heal



EXPERT SPEAKERS

Top voices in medicine,
research & public health



COMMUNITY IMPACT

Actionable solutions
for real change



EVIDENCE YOU CAN USE

Practical tools for
a healthier future



AUG 28, 2026
8:00 AM – 5:00 PM



UC RIVERSIDE
900 University Ave.
Riverside, CA 92521

FEATURED SPEAKERS



Sean Hashmi, MD
Nephrology &
Obesity Medicine



Mario Sims, PhD
Social
Epidemiologist



Columbus Batiste, MD
Co-founder
Healthy Heart Nation



Scott Stoll, MD
Co-Founder
Plantrician Project



BLUE ZONE INITIATIVE RIVERSIDE, CA

Building a healthier Riverside
through lifestyle, community
and environments that support
longer, better lives.



THE HEART INITIATIVE RIVERSIDE, CA

A collaboration between community,
health systems, and academic partners
advancing heart health equity through
education, research and prevention.

REGISTER TODAY!

 plantricianproject.org/help-conference



Plant-Based
Lunch Included



\$99
Registration



Invest in Health.
Change Lives.



The
Plantrician Project
Planting the seeds of change®

UC RIVERSIDE
School of Medicine
CENTER FOR HEALTHY COMMUNITIES