

**JOY MOCKBEE, MD, MPH - PANELIST**

Dr. Joy Mockbee is a physician, public health practitioner, and medical director for El Rio Health Family Medicine where she leads multiple community and clinical programs focused on weight management, youth health, and lifestyle behavior change, including HYPE and FRESHT2DM. Her work bridges clinical medicine and community-based approaches to metabolic health and wellbeing.

**JOSH SCHLACHET, PhD – PANELIST AND CULINARIAN**

Dr. Josh Schlachet is an Assistant Professor in East Asian Studies with scholarship centered on food and diet in early modern Japan--and a Culinary Institute of America-trained chef. As a panelist and co-leader of the evening's culinary demonstration, he will offer a combination of historical, cultural, and culinary expertise that illuminates food's deep connections to meaning, tradition, and identity across time and place.

**SHUKA PARKER – CHEF AMBASSADOR**

Shuka Parker is a chef, owner of Shuka Sweets, and a Tucson City of Gastronomy Chef-Ambassador. Originally from Awaji Island in Japan, she brings a cross-cultural culinary vision shaped by Japanese, French, and American traditions. Her belief that “we are what our microbes eat” and her philosophy that sweets do not have to be sugary highlight the connections between fermentation, health, and enjoyment of food. Through live demonstration and sensory experience, Shuka reminds us that the joy of creating food can nourish both body and community.

**THIS EVENT IS MADE POSSIBLE BY:**

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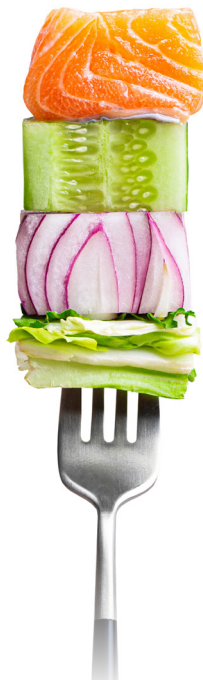
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# HUNGERING FOR HEALTH

Craving Food, Culture, and  
Meaning in the Ozempic Era

**THURSDAY  
APRIL 9, 2026  
5-8PM**

Andrew Weil Center  
for Integrative Medicine  
Cantor Bldg



Tonight, we dig into thorny issues of the “Ozempic Era.” How do technologies that promise bodily control intersect with human experiences of health, beauty, identity, and justice? If we treat appetite as a switch and diets as data points, do we lose food’s deeper connections to nourishment, community, heritage, and care? What happens when complex questions about our bodies are answered with commercial taglines?

Alongside scholars, clinicians, culinarians, and community members, you are invited to consider what it truly means to hunger – for nourishment, belonging, and balance – in an age of pharmaceutical “fixes.”

#### **PROGRAM:**

Guided by an outstanding line-up of facilitators, guests are encouraged to think across disciplines and outside comfort zones, to grapple with big questions of culture and health, and to share food, ideas and experiences.

- 4:45PM** Doors open
- 5:00PM** Explore Interactive Student Art Exhibit and  
Enjoy Hors d’oeuvres from Café 54
- 5:25PM** Welcome by Stephen Dahmer, MD (Master of Ceremonies)  
Dean John Pollard, PhD  
Dorrance Dean A-P Durand, PhD
- 5:45PM** Never Sated: The Tragedy of the Ozempic Age - Lightning Keynote  
Talk with James Richardson, PhD
- 6:30PM** Transdisciplinary Panel Discussion  
DeAnna Daniels, PhD (Moderator)  
Josh Schlachet, PhD  
Mari Ricker, MD  
Joy Mockbee, MD, MPH
- 7:25PM** Culinary Demonstration & Tasting with Chef Shuka Parker and  
Josh Schlachet, PhD
- 7:55PM** Closing

**LEARN MORE HERE:**



#### **STEPHEN DAHMER, MD - MASTER OF CEREMONIES**

Dr. Stephen Dahmer is an Integrative Medicine Physician, Director of the Andrew Weil Center for Integrative Medicine, and the Assistant Dean for Wellness at the UA College of Medicine – Tucson. As Master of Ceremonies, he brings integrative medicine and whole-person health lenses to help frame our exploration of appetite, nourishment, and the body.



#### **JAMES F. RICHARDSON, PhD - LIGHTNING KEYNOTE PRESENTER**

Dr. James Richardson is a Tucson-based cultural anthropologist whose fieldwork in South India and market research in the pantries of America gives him a unique, cross-cultural perspective on how American food consumption has evolved since the mid-20th century and what it means for public health policy. He writes a growing Substack - Homo Imaginari - and is author of the Nautilus award-winning book, Our Worst Strength - American Individualism and Its Hidden Discontents.



#### **DEANNA DANIELS, PhD – MODERATOR**

Dr. DeAnna Daniels is an Assistant Professor of Africana Studies and Religious Studies whose scholarship spans Black religion, gender and sexuality, Black speculative fiction and horror, visual culture, and art and aesthetics. As moderator of the evening’s interdisciplinary panel, she brings critical perspectives on identity, embodiment, and meaning-making, and her lived experience with GLP-1 medication grounds this discussion in both scholarly and personal knowledge.



#### **MARI RICKER, MD – PANELIST**

Dr. Mari Ricker directs the Integrative Medicine in Residency Program at the Andrew Weil Center for Integrative Medicine. She is a family medicine physician at Banner - University Medical Center South and Professor at the College of Medicine - Tucson where she teaches culinary medicine to MD students, residents, and other healthcare providers. Dr. Ricker brings clinical expertise and a deep commitment to reconnecting food, medicine, and healing to the panel discussion.