



# Fall 2018 - Agenda Snapshot \*

	Sunday, October 14	Monday, October 15	Tuesday, October 16	Wednesday, October 17	Thursday, October 18	Friday, October 19	Saturday, October 20			
7:00 to 8:00 (60)	Arrival	Blood Work... Breakfast...Free Time	Fitness	Fitness	Fitness	Fitness	Blood Work... Breakfast...Free Time			
8:00 to 9:00 (60)			Breakfast	Breakfast	Breakfast	Breakfast				
9:00 to 10:00 (60)			What Is Food?	Preventing & Reversing Disease - Part 2	Men's Health (free time for women)	Quick and Easy Plant-based Meals				
10:00 to 11:00 (60)			Break	Break	Women's Health (free time for men)	Break				
11:00 to 12:00 (60)		Fitness... Free Time...	Conquer Hunger, Food Addictions, & Cravings	Strong Bones... Strong Body	Break	Cooking With The Stoll Family	Fitness... Free Time...			
12:00 to 1:00 (60)								Break	Break	Break
1:00 to 2:00 (60)								Beverages	Ingredients and Label Reading	It's All About the Sauce
1:00 to 2:00 (60)	Registration	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch			
2:00 to 3:00 (60)		Total Health Immersion - Why You Are Here	Preventing & Reversing Disease - Part 1	Future of Health; Angiogenesis & Nutrigenomics	Plant-based Culinary Basics	The Things I Wish My Doctor Learned In Medical School	Relaxation / Depart			
3:00 to 4:00 (60)		Break	Break	Break	Break	Break				
4:00 to 5:00 (60)		Finding Your Why and Freedom!	Fitness / Break	Find Financial Freedom in Your Fridge	Break	Ask The Doctor				
5:00 to 6:00 (60)		Welcome Reception	Fitness / Break	Ions From Ocean & Sand	Fitness / Break	Naples Princess Dinner Cruise (Busses Depart at 4:15)		Group Picture / Break		
6:00 to 7:00 (60)	Break							Break	Break	Break
7:00 to 8:00 (60)	Welcome Dinner	Dinner	Dinner	Dinner	Dinner	Dinner				
8:00 to 9:00 (60)							Free Time	Movie Night	Free Time	Talent Show

\* This agenda subject to change