

Dr. Fuhrman
2011 Health Getaway
Ritz Carlton, Amelia Island, FL

Sunday, August 19, 2012

Event	Time
Registration	3:00-6:00pm
Welcome Reception	6:15-6:45pm
Dinner Buffet	7:00-8:30pm
Dr. Fuhrman's Success Stories	8:30-9:30pm

Monday, August 20, 2012

Event	Time
Power walk with Dr. Fuhrman	7:00-7:30am
Breakfast	7:30-9:00am
Health Screenings A-D	8:15-9:45am
Kids Talk with Dr. Fuhrman (parents welcome)	9:00-9:30am
Lecture #1: Core Concepts	10:00-11:30am
Yoga	11:30-12:00pm
Lunch	12:00-1:00pm
Health Screenings E-K	1:10-2:35pm
Lecture #2: Food Addiction	2:45-4:00pm
Exercise with Dr. Fuhrman	4:15-4:45pm
Dinner	6:00-7:30pm
Game night - Get to know each other	7:45-8:45pm
Meet Your Nutritarian Neighbor	8:45-9:15pm

Tuesday, August 21, 2012

Event	Time
Power walk with Dr. Fuhrman	7:00-7:30am
Breakfast	7:30-9:00am
Store	8:00-9:00am
Yoga	8:00-8:30am
River Cruise excursion with boxed lunch	9:15-3:00pm
Lunch	12:00-1:00pm
Lecture #3: Reverse Heart Disease and Diabetes	3:15-4:45pm
Lecture #4: Emotional Eating / Peer Pressure	4:45-5:45pm
Dinner	6:00-7:30pm
Lecture #5: Nutritarian Cooking Skills Lecture	7:45-8:45pm

Wednesday, August 22, 2012

Event	Time
Beach Power Walk	7:00-7:30am
Breakfast	7:30-9:00am
Health Screenings L-S	8:15-9:45am
Member Center Overview breakout	9:00-9:45am
Nutritional Educational Institute breakout	9:00-9:45am
Lecture #6: Cancer Free for Life	10:00-11:15am
Nutritional Research Project	11:15-12:00pm
Lunch	12:00-1:00pm
Health Screenings T-Z	1:00-2:30pm
Lecture #7: Nutritarian Cooking w/ Executive Chef Chad Sarno	2:30-3:45pm
Lecture #8: Pushing the Envelope of Human Longevity	4:00-5:15pm
Group picture	5:45pm
Luau	6:00-9:00pm

Thursday, August 23, 2012

Event	Time
Power walk with Dr. Fuhrman	7:00-7:30am
Breakfast	7:30-9:00am
Lecture #9: Doctor Fuhrman's Favorite Foods	8:00-9:00am
Free time	10:00-3:00pm
Lunch	12:00-1:00pm
Store	1:00-3:00pm
Dr. Fuhrman's Q&A	3:15-4:30pm
The Nutritarian Family with Lisa Fuhrman	4:45-5:30pm
Physicians Breakout Session	4:45-5:45pm
Dinner	6:00-7:30pm
F-Factor (AKA Fuhrman Idol)	8:00-9:30pm

Friday, August 24, 2012

Event	Time
Beach Power Walk	7:00-7:30am
Breakfast	7:30-9:00am
Store	8:00-9:00am
Round Table Discussion - Oldies helping Newbies	10:00-11:00am
Emotional Eating	11:00-12:00pm
Beach volleyball and beach ball tag	12:00-1:00pm
Lunch	11:00-12:00pm
Lecture #10: Menu Planning	1:45-3:00pm
Dinner	6:00-7:30pm
Music and Entertainment with Broccoli Rob	7:45-8:45pm

Saturday, August 25, 2012

Event	Time
Power walk	7:00-7:30am
Breakfast	7:30-9:00am
Room Check-out	12:00pm
Lunch - takeout containers will be provided	12:00-1:00pm