

Dr. Fuhrman's
Health Getaway
At
at Hawks Cay
June 25 - July 1, 2009

Daily Agenda

Dr. Fuhrman's Health Getaway at Hawks Cay

Thursday, June 25 Activities

EVENT	TIME	LOCATION
Welcome Reception	5:00–5:45 PM	Dolphin Deck
Dinner Buffet	6:00-8:00 PM	Ballroom East

Dr. Fuhrman's Health Getaway at Hawks Cay

Friday, June 26 Activities

EVENT	TIME	LOCATION
Breakfast Buffet	7:30-9:45 AM	Sea Turtle Room & Dolphin Deck
Fitness Class Dr. Fuhrman's Osteoporosis Prevention	8:00-8:45 AM	Osprey Room
Individual Health Screenings (Attendees: Angeletti – Davis)	9:00-10:30 AM	Key Deer Room
Dr. Fuhrman lecture – Eat For Health – the Basics	10:30-12:15 PM	Ballroom West/Center
Lunch Buffet	12:30-1:30 PM	Ballroom East
Share Your Experiences as a Nutritarian	1:45-3:15 PM	Ballroom West/Center
Group Photo	3:30 PM	
Fitness Class Cardio Toning & Yoga	4:00-5:00 PM	Osprey Room
Dinner Buffet	5:30-7:00 PM	Ballroom East
Lisa's Healthy Pantry Lisa Fuhrman	7:00-8:00 PM	Ballroom West/Center

Fitness Class

Lecture or Discussion

Dr. Fuhrman's Health Getaway at Hawks Cay

Saturday, June 27 Activities

EVENT	TIME	LOCATION
Breakfast Buffet	7:30-9:45 AM	Sea Turtle Room & Dolphin Deck
Fitness Class Power Core Yoga	8:00-9:00 AM	Osprey Room
Individual Health Screens (last names: Dice - Kachmann)	9:00-11:00 AM	Key Deer Room
Dr. Fuhrman Lecture – Reversing & Preventing Heart Disease & Strokes	11:00-Noon	Ballroom West/Center
Lunch Buffet	Noon-1:00 PM	Ballroom East
Dr. Fuhrman Lecture – The Secrets to Recovering from Diabetes & Obesity	1:15-2:15 PM	Ballroom West/Center
Lisa Fuhrman's Roundtable	2:30-3:30 PM	Ballroom West/Center
Fitness Class Cardio Toning & Core Strengthening	4:00-5:00 PM	Osprey Room
Dinner Buffet	5:30-7:00 PM	Ballroom East
Nutritional Excellence Trainer (NET)	7:00-8:00 PM	Ballroom West/Center

Fitness Class

Lecture or Discussion

Dr. Fuhrman's Health Getaway at Hawks Cay

Sunday, June 28 Activities

EVENT	TIME	LOCATION
Breakfast Buffet	7:30-9:45 AM	Sea Turtle Room & Dolphin Deck
Fitness Class Wake Up with Yoga	8:00-9:00 AM	Osprey Room
Individual Health Screens (last names: Kleman - Omohundro)	9:00-11:00 AM	Key Deer Room
Dr. Fuhrman Lecture – Nutritional Research Update	11:00-Noon	Ballroom West/Center
Lunch Buffet	Noon-1:00 PM	Ballroom East
Cooking Demonstrations with Lisa Fuhrman and Chef Charlotte	1:15-3:30 PM	
Kevin Leville – Eat Right America update	4:00-5:15 PM	Ballroom West/Center
Fitness Class	4:00-5:00 PM	Osprey Room
Dinner – Sit Down Service	5:30-7:00 PM	Ballroom East
Dance Party!	8:00-10:00 PM	Sea Turtle Room

Fitness Class

Lecture or Discussion

Cooking Demonstration

Dr. Fuhrman's Health Getaway at Hawks Cay

Monday, June 29 Activities

EVENT	TIME	LOCATION
Blood Drawing for Specialized Analysis (optional, fee applies)	7:00–9:00 AM	Key Deer Room
Breakfast Buffet	7:30-9:45 AM	Sea Turtle Room & Dolphin Deck
Fitness Class Lower Body Workout & Stretching	8:00–9:00 AM	Osprey Room
Individual Health Screens (last names: O'Neil -Whitney)	9:00–11:00 AM	Key Deer Room
Dr. Fuhrman Lecture – Anti-Aging Hormones, Supplements & Vitamin D	11:00–Noon	Ballroom West/Center
Lunch Buffet	Noon-1:00 PM	Ballroom East
Questions & Answers with Dr. Fuhrman	1:15-2:30 PM	Ballroom West/Center
Dr. Fuhrman Lecture – Medical Professionals only	2:30–3:45 PM	Osprey Room
Fitness Class Attendees Choose the Class Theme	4:00–5:00 PM	Osprey Room
Dinner Buffet	5:30-7:00 PM	Ballroom East
Let's Play <i>Eat For Health</i> trivia!	7:00-8:00 PM	Sea Turtle Room

Fitness Class

Lecture or Discussion

Dr. Fuhrman's Health Getaway at Hawks Cay

Tuesday, June 30 Activities

Recreation Day!

EVENT	TIME	LOCATION
Blood Drawing for Specialized Analysis (optional, fee applies)	7:00–9:00 AM	Key Deer Room
Breakfast Buffet	7:30-9:45 AM	Sea Turtle Room & Dolphin Deck
Fitness Class - Dr. Fuhrman's Osteoporosis Protection	8:00–8:45 AM	Osprey Room
Enjoy the Hawks Cay property!		
Lunch Buffet	Noon-1:00 PM	Ballroom East
Enjoy the Hawks Cay property!		
Fitness Class	4:00–4:30 PM	Osprey Room
Dinner – Sit Down Service	5:30-7:00 PM	Ballroom East
Fuhrman Idol Talent Show	7:00-8:00 PM	Sea Turtle Room

Fitness Class

Dr. Fuhrman's Health Getaway at Hawks Cay

Wednesday, July 1 Activities

EVENT	TIME	LOCATION
Breakfast Buffet	7:30-9:00 AM	Sea Turtle Room & Dolphin Deck
Fitness Class	8:00-9:00 AM	Osprey Room
Hawks Cay Check-out	11:00 AM	
Lunch Buffet Take-out containers will be available	10:30-1:00 PM	Ballroom East

Fitness Class