

Dr. Fuhrman's Health Getaway

at the Rancho Bernardo Inn

July 11-17, 2010

Agenda*

Updated 6/21/2010

Color Key:

White = Fitness opportunity

Yellow – Nutritarian Cuisine

Green – Individual Health Screenings & Health Assessment

Tan– Lecture, Informal Discussion, or Social Event

Blue – Nutritarian Cooking Classes

Grey – Group photo

Sunday, July 11, 2010

Event	Time	Location
Welcome Reception	5:00 – 5:45 PM	San Bernardo Room & Patio
Dinner	6:00 – 8:00 PM	San Bernardo Room & Patio
Getaway Kick-Off	8:00 – 9:00 PM	Santiago Ballroom

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Monday, July 12, 2010

Event	Time	Location
Power Walk with Dr. Fuhrman	7:00 – 7:30 AM	TBD
Breakfast	7:30 – 9:00 AM	Santiago Courtyard
Individual Health Screenings & Health Assessment	8:00 – 9:30 AM	Granada Room
Dr. Fuhrman Lecture: Prescription for Healthy Muscles & Bones	9:45 – 10:45 AM	Santiago Ballroom
Dr. Fuhrman's Fitness Class	11:00 – 11:30 AM	Valencia Lawn
Yoga with Debra Morin	11:30 – 12:30 PM	San Bernardo Room
Lunch	12:30 – 2:00 PM	Santiago Courtyard
Dr. Fuhrman's Lecture: Eat For Health, Part 1: The Basics	2:00 – 3:30 PM	Santiago Ballroom
Tennis Lessons with Dr. Fuhrman (pre-registration required)	4:00 – 5:00 PM	Tennis Courts
Fitness Class led by Rancho Bernardo Inn trainer	4:00 – 4:30 PM	TBD
Dinner	5:30 – 7:00 PM	San Bernardo Room & Patio
Motivation for Life! – Sarah Taylor	7:00 – 8:00 PM	Santiago Ballroom

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Tuesday, July 13, 2010

Event	Time	Location
Fitness Class led by Rancho Bernardo Inn trainer	7:00 – 7:30 AM	TBD
Breakfast	7:30 – 9:00 AM	Santiago Courtyard
Individual Health Screenings & Health Assessment	8:00 – 9:30 AM	Granada Room
Get Motivated! Discussion Forum with Sarah Taylor & Lisa Fuhrman	9:00 – 9:30 AM	Bernardo Ballroom
Dr. Fuhrman Lecture: Eat For Health Part 2: Food Addictions & Weight Loss	9:45 – 11:00 AM	Santiago Ballroom
Share Your Experiences as a Nutritarian	11:15 – 12:15 AM	Santiago Ballroom
Lunch	12:30 – 2:00 PM	Santiago Courtyard
Dr. Fuhrman's Lecture: The Skinny About Fats	2:00 – 3:00 PM	Santiago Ballroom
Roundtable Discussion: Sharing & Making Nutritarian Connections with Lisa Fuhrman	3:15 – 4:15 PM	Santiago Ballroom
Nutritarian Boot camp led by Dr. Fuhrman. Join Dr. Fuhrman for challenging physical activities & endurance exercises.	4:30 – 5:00 PM	TBD
Yoga with Debra Morin	4:30 – 5:30 PM	Valencia Lawn
Dinner	5:30 – 7:00 PM	San Bernardo Room & Patio
Movie Night & Discussion – 'Fat, Sick, & Nearly Dead'	7:00 – 9:00 PM	Santiago Ballroom

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Wednesday, July 14, 2010

Event	Time	Location
Power Walk led by Dr. Fuhrman	7:00 – 7:30 AM	TBD
Breakfast	7:30 – 9:00 AM	Santiago Courtyard
Individual Health Screenings & Health Assessment	8:00 – 9:30 AM	Granada Room
Get Motivated! Discussion Forum with Sarah Taylor & Lisa Fuhrman	9:00 – 9:30 AM	Bernardo Ballroom
Dr. Fuhrman Lecture: Reversing Heart Disease & Diabetes	9:45 – 11:30 AM	Santiago Ballroom
Yoga with Debra Morin	11:45 – 12:45 PM	San Bernardo Room
Lunch	12:30 – 1:45 PM	Santiago Courtyard
Dr. Fuhrman's Cooking Basics of Nutritarian Cuisine – Smoothies, Soups & Salads	2:00 – 4:00 PM	San Bernardo West
Group Photo	4:00 PM	TBD
Fitness Class led by Rancho Bernardo Inn trainer	4:45 – 5:15 PM	TBD
Dinner	5:30 – 7:00 PM	San Bernardo Room & Patio
John Mackey lecture – The Whole Foods Market Healthy Eating Revolution	7:00 – 9:00 PM	Santiago Ballroom

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Thursday, July 15, 2010

Event	Time	Location
Fitness Class led by Rancho Bernardo Inn trainer	7:00 – 7:30 AM	TBD
Breakfast	7:30 – 9:00 AM	Santiago Courtyard
Dr. Fuhrman Lecture: Cancer Prevention, Survival & Longevity	9:00–10:15 AM	Santiago Ballroom
Dr. Fuhrman Lecture: Disease Specific Nutritional Recommendations	10:30 -11:45 AM	Santiago Ballroom
Yoga with Debra Morin	12:00 – 1:00 PM	San Bernardo Room
Lunch	12:30 – 2:00 PM	Santiago Courtyard
Chef Chad Sarno Cooking Demonstration – Simple Base Recipes for a Delicious Nutritarian Lifestyle	2:00 – 3:30 PM	San Bernardo West
Dr. Fuhrman – Nutritional Education Institute: Educating & Motivating Others to Achieve Nutritional Excellence	3:45 – 4:15 PM	Santiago Ballroom
Nutritional Research Project – Jerry Deutsch	4:15 – 4:45 PM	Santiago Ballroom
Dr. Fuhrman's Member Center Orientation – Elijah Lynn	5:00 – 5:30 PM	Santiago Ballroom
Dinner	5:30 – 7:00 PM	San Bernardo Room & Patio
Let's play <i>Eat For Health</i> Trivia! hosted by Sarah Taylor & Elijah Lynn	7:00 – 8:30 PM	Santiago Ballroom
Dr. Fuhrman - Incorporating the Nutritional Excellence Protocol Into Your Own Practice	7:00 – 8:00 PM	TBD

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(for MEDICAL PROFESSIONALS only)

Friday, July 16, 2010

Event	Time	Location
Breakfast	7:30 – 9:00 AM	Santiago Courtyard
Morning Excursion – Choice of 2 off-site trips: <ul style="list-style-type: none">- Mission Trails State Park - hiking- Balboa Park – sightseeing Transportation costs will apply. Space is limited.	8:30 – 12:30 PM	TBD
Lunch	12:30 - 2:00 PM	Santiago Courtyard
Chef Chad Sarno Cooking Demonstration – Canapé Entertaining, the Bite Size World of Possibilities	2:00 – 3:30 PM	San Bernardo West
Dr. Fuhrman – Open Forum for Your Questions	3:45 – 5:00 PM	Santiago Ballroom
Reflection	5:15 PM	Santiago Ballroom
Dinner	5:30 – 7:00 PM	Santiago Ballroom
Fuhrman Idol Talent Show	7:30 – 9:00 PM	Santiago Ballroom
Dr. Fuhrman - Closing Remarks	9:00 PM	Santiago Ballroom

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Saturday, July 17, 2010

Event	Time	Location
Fitness Class led by Rancho Bernardo Inn trainer	7:00 – 7:30 AM	TBD
Breakfast	7:30 – 9:00 AM	Santiago Courtyard
Rancho Bernardo Inn Check-Out	11:00 AM	
Lunch (take-out containers will be available)	11:30 - 1: 00 PM	Santiago Courtyard