

Dr. Fuhrman's Health Getaway at Skytop Lodge

July 13-18, 2008

(Preliminary Agenda. Subject to change)

Sunday, July 13	Time	Location
Welcome Reception	5:00-5:45 PM	Patio
Event Kickoff & Welcome with Dr. Fuhrman	5:45-6:00 PM	Patio
Dinner	6:00-8:00 PM	West Windsor Dining Room
Monday, July 14		
Breakfast	7:30-9:00 AM	West Windsor Dining Room
Continental Breakfast	9:00-10:15 AM	Pine Room (near Lobby area)
Share Your Experiences as a Nutritarian	11:15-Noon	Evergreen Ballroom
Lunch	Noon-1:00 PM	West Windsor Dining Room
Dr. Fuhrman lecture – <i>Eat For Health - The Basics</i>	1:15-2:15 PM	Evergreen Ballroom
Dr. Fuhrman lecture – <i>Eat For Health - Food Addictions & Overeating</i>	2:30-3:30 PM	Evergreen Ballroom
Dinner	5:30-7:00 PM	West Windsor Dining Room
Lisa Fuhrman Roundtable Discussion	7:00-8:00 PM	TBD
Tuesday, July 15		
Breakfast	7:30-9:00 AM	West Windsor Dining Room
Continental Breakfast	9:00-10:15 AM	Pine Room (near Lobby area)
Update on Medical Research Projects	10:15-11:15 AM	Evergreen Ballroom
Dr. Fuhrman Cooking Discussion – Smoothies & Blended Salads	11:15-Noon	Evergreen Ballroom
Lunch	Noon-1:00 PM	West Windsor Dining Room
Dr. Fuhrman lecture – The Importance of ‘Healthy’ High Fat Foods	1:15-2:15 PM	Evergreen Ballroom
Dr. Fuhrman lecture – The Science of Fatty Acids	2:30-3:30 PM	Evergreen Ballroom
Dinner	5:30-7:00 PM	West Windsor Dining Room
Let's play Dr. Fuhrman Trivia!	7:00-8:00 PM	TBD
Wednesday, July 16		
Breakfast	7:30-9:00 AM	West Windsor Dining Room
Continental Breakfast	9:00-10:15 AM	Pine Room (near Lobby area)
Kevin Leville, (CEO Nutritional Excellence, LLC) Eat Right America Corporate Initiatives	10:15-11:15 AM	Evergreen Ballroom

Wednesday, July 16 (continued)	Time	Location
Dr. Fuhrman Cooking Discussion – Soups & Stews	11:15-Noon	Evergreen Ballroom
Lunch	Noon-1:00 PM	West Windsor Dining Room
Dr. Fuhrman Lecture – Disease Specific Nutritional Recommendations	1:15-2:15 PM	Evergreen Ballroom
Dr. Fuhrman Lecture – Disease Specific Nutritional Recommendations	2:30-3:30 PM	Evergreen Ballroom
Group Photo	3:30 PM	TBD
Dinner	5:30-7:00 PM	West Windsor Dining Room
Dr. Fuhrman discussion – Learn how to become an <i>Eat For Health</i> Certified Instructor and lead an <i>Eat For Health</i> Support Group	7:00-8:00 PM	TBD
Dr. Fuhrman discussion – Build a Nutritional Medicine practice (for Medical professionals only)	8:15-9:00 PM	TBD
Thursday, July 17		
Breakfast	7:30-9:00 AM	West Windsor Dining Room
Continental Breakfast	9:00-10:15 AM	Pine Room (near Lobby area)
Dr. Fuhrman Cooking Discussion - Desserts	11:15-Noon	Evergreen Ballroom
Lunch	Noon-1:00 PM	West Windsor Dining Room
Dr. Fuhrman lecture – Preventing Sarcopenia & Osteoporosis	1:15-2:15 PM	Evergreen Ballroom
Dr. Fuhrman Lecture – Wrap up of the week. Your last opportunity to pose a question!	2:30-3:30 PM	Evergreen Ballroom
Dinner	5:30-7:00 PM	West Windsor Dining Room
Talent Show	7:00-8:00 PM	TBD
Friday, July 18		
Breakfast	7:30-9:00 AM	West Windsor Dining Room
Continental Breakfast	9:00-10:00 AM	Pine Room (near Lobby area)

General Lecture or Discussion

Cooking Discussion

Level 1 Lecture = Receive a basic, fundamental level of information

Level 2 Lecture = Receive a higher, advanced level of information