



2018 Health Transformation Vacation Getaway: Saddlebrook Resort, FL

(Agenda subject to change)

SUNDAY, JULY 8

TIME	EVENT	LOCATION
4:00-6:00pm	Registration	
6:00-7:15pm	Dinner	
7:15-8:00pm	Meet the team	

MONDAY, JULY 9

TIME	EVENT	LOCATION
7:00-8:00 am	Group Exercise - choice of water aerobics, yoga or nature walk	
8:00-9:30am	Breakfast	
9:30-11:00am	Free Time for gold, tennis, spa, pool, etc.	
11:00-12:15pm	Smart Nutrition	
12:15-12:45pm	Group Discussion	
12:45-1:45pm	Eat to Beat Cancer	
1:45-2:45pm	Lunch	
3:00-3:45pm	How to Stock Your Pantry with James Rohrbacher	
3:45-6:30pm	Free Time	
6:30-8:00pm	Dinner	
8:00-9:00pm	Success Stories	

TUESDAY, JULY 10

TIME	EVENT	LOCATION
7:00-8:00am	Exercise with Dr. Fuhrman	
8:00-9:30am	Breakfast	
9:30-11:00am	Free time	
11:00am-12:00pm	Controlling Food Cravings and Overeating	
12:15-1:30pm	Combating Emotional Eating with Randi Carbone, RN & Kathleen Renner, LCSW	
1:30-2:30pm	Lunch	
2:30-3:30pm	Fast Food Genocide	
3:45-5:00pm	Ocean Robbins - "The Food Revolution" and focus on the movement for healthy, sustainable, humane and delicious food for all	
5:00-6:00pm	Free Time	
6:00-7:00pm	Dinner	
7:00-9:00pm	Field Activities	

WEDNESDAY, JULY 11

TIME	EVENT	LOCATION
7:00-8:00am	Group Exercise - choice of water aerobics, yoga or nature walk	
8:00-9:30am	Breakfast	
9:30-11:00am	Free Time	

WEDNESDAY, JULY 11 (CONTINUED)

TIME	EVENT	LOCATION
11:00-12:15pm	Reversing Chronic Disease	
12:30-1:00pm	Group Discussion	
1:00-2:00pm	Lunch	
2:15-2:45pm	Nutritional Research Foundation	
3:00-4:15pm	Ocean Robins- workshop-style, on "Building a Healthy Food Community" and look at how to influence friends and family, how to build a supportive tribe, and how to be an agent of change in the world.	
2:15-2:45pm	Free Time	
2:15-2:45pm	Dinner	
2:15-2:45pm	Talent Show	

THURSDAY, JULY 12

TIME	EVENT	LOCATION
7:00-8:00am	Exercise with Dr. Fuhrman	
8:00-9:00am	Breakfast	
9:00-10:00am	Free Time	
10:30-12:30pm	Cooking Demo with Chef James	
12:45-1:45pm	Daily Living Tips with Lisa Fuhrman and Randi Carbone	
1:45-2:45pm	Lunch	
2:45-6:00pm	Free Time	
6:00-7:30pm	Dinner	
7:30-9:00pm	Wacky Putting	

FRIDAY, JULY 13

TIME	EVENT	LOCATION
7:00-8:00am	Group Exercise- choice of Water Aerobics, Yoga or Nature Walk	
8:00-9:30am	Breakfast	
9:30-11:00am	Free Time	
11:00-12:00am	Medical Care, Blood Tests and Supplements	
12:15-1:45pm	Q&A	
1:45-2:45pm	Lunch	
3:00-4:00pm	Where do we go from here with Randi Carbone & Kathleen Renner	
4:00-6:00pm	Free Time	
6:00-7:30pm	Dinner	
6:30-8:00pm	Magician	

SATURDAY, JULY 14

TIME	EVENT	LOCATION
7:30-7:30am	Walk	
7:30-10:30am	Brunch	
12:00pm	Check Out	