



GOLDEN STATE SUMMER HEALTH GETAWAY 2019 AGENDA

SUBJECT TO CHANGE

SUNDAY, JULY 14

TIME	EVENT	LOCATION
4:00-5:30pm	Check in	
4:00-6:00pm	Dr. Appointments and Health Screenings	
5:30-6:30pm	Dinner	Kitchen Table
6:30-7:00pm	New Comer Orientation	
7:30-8:30pm	Dr. Fuhrman Overview of Program	

MONDAY, JULY 15

TIME	EVENT	LOCATION
7:00-8:15am	Supplementary Classes Yoga, Tai Chi, Qigong, or Meditation	
7:00-9:00am	Breakfast	Kitchen Table
7:00-9:00am	Dr. Appointments and Health Screenings	Redwood Conference room + Meditation Room
9:00-10:30am	Advances in Nutritional Science to Slow Aging	
10:45am-12:00pm	Preventing and Reversing Disease	
12:00-2:00pm	Lunch and Free Time	Redwood Conference room + Meditation Room
12:00-2:00pm	Dr. Appointments and Health Screenings	
2:00-3:15pm	Dr. Fuhrman's Favorite Recipes	
3:15-4:00pm	Q&A	
5:00-6:15pm	Supplementary Classes Yoga, Tai Chi, Qigong, or Meditation	
5:30-7:30pm	Dinner	Kitchen Table
5:00-7:30pm	Dr. Appointments and Health Screenings	
7:30-9:00pm	Success Story Night	

TUESDAY, JULY 16

TIME	EVENT	LOCATION
7:00-8:15am	Supplementary Classes Yoga, Tai Chi, Qigong, or Meditation	
7:00-9:00am	Breakfast	Kitchen Table
7:00-9:00am	Dr. Appointments and Health Screenings	Redwood Conference room + Meditation Room
9:00-11:00am	Food Addiction and Brain Health	
11:00am-12:00pm	Free time	
12:00-2:00pm	Lunch	Kitchen Table
2:00-3:15pm	Transitioning to the Nutritarian Life with Randi Carbone, RN	
3:15-4:00pm	Q&A	
5:00-6:15pm	Supplementary Classes Yoga, Tai Chi, Qigong, or Meditation	
5:30-7:30pm	Dinner at Kitchen Table	Kitchen Table
7:30-9:00pm	Optional Events or Program Session (by Fuhrman Staff or 1440 Suggestion)	

WEDNESDAY, JULY 17

TIME	EVENT	LOCATION
7:00-8:15am	Supplementary Classes Yoga, Tai Chi, Qigong, or Meditation	
7:00-9:00am	Breakfast	Kitchen Table
7:00-9:00am	Health Screenings	Redwood Conference Room
9:00-10:15am	Daily Living Tips with Lisa Fuhrman and Randi Carbone	
10:30am-12:00pm	Stocking your Nutritarian Pantry with James Rohrbacher	
12:00-2:00pm	Lunch	Kitchen Table
2:00-4:00pm	Flavor Enhancement and Easy Daily Bowl Creations with Chef James	
5:00-6:15pm	Supplementary Classes Yoga, Tai Chi, Qigong, or Meditation	
5:30-7:30pm	Dinner	Kitchen Table
7:30-9:00pm	Optional Events or Program Session (by Fuhrman Staff or 1440 Suggestion)	

THURSDAY, JULY 18

TIME	EVENT	LOCATION
7:00-8:15am	Supplementary Classes Yoga, Tai Chi, Qigong, or Meditation	
7:00-9:00am	Breakfast	Kitchen Table
9:00-10:30am	Medical Care, Blood Tests and Supplements	
10:45am-12:00pm	J. Morris Hicks- Guest Speaker	
12:00-2:00pm	Lunch	Kitchen Table
2:00-4:00pm	J. Morris Hicks- Guest Speaker	
4:45-5:45pm	Supplementary Classes Yoga, Tai Chi, Qigong, or Meditation	
5:00-6:15pm	Dinner	Kitchen Table
7:30-9:00pm	Optional Events or Program Session (by Fuhrman Staff or 1440 Suggestion)	

FRIDAY, JULY 19

TIME	EVENT	LOCATION
7:00-8:15am	Supplementary Classes Yoga, Tai Chi, Qigong, or Meditation	
7:00-9:00am	Breakfast	Kitchen Table
9:00am-11:00pm	Wrap up Q&A	
11:30am	Checkout Time	
12:00-2:00pm	Lunch	Kitchen Table