

# Dr. Fuhrman®

## ITALY 2021

SUBJECT TO CHANGE

### SUNDAY, OCTOBER 3

TIME	EVENT	LOCATION
12:00-1:30pm	Lunch	
1:30-6:00pm	Free Time	
6:00-7:30pm	Dinner	
7:30-8:30pm	Program Overview/Meet and Greet	

### MONDAY, OCTOBER 4

TIME	EVENT	LOCATION
7:30-8:00am	Walk	
8:30-9:30am	Breakfast	
9:30-11:00am	Eat for Life and Live Healthfully to 100 with Dr. Fuhrman	
12:00-1:00pm	Lunch	
1:30pm-7:00pm	Free time for spa, pool, sight seeing	
7:30-8:30pm	Dinner	

### TUESDAY, OCTOBER 5

TIME	EVENT	LOCATION
7:30-8:00am	Exercise with Dr. Fuhrman	
8:30-9:30am	Breakfast	
9:30-11:00am	Food as Medicine with Dr. Fuhrman	
11:00-12:00pm	Enjoying the Transformation with Randi Carbone, RN	
12:15-1:15pm	Lunch	
1:30-7:30pm	Free time to enjoy the spa, pool, sight seeing	
7:30-8:30pm	Dinner	

### WEDNESDAY, OCTOBER 6

TIME	EVENT	LOCATION
7:30-8:30am	Breakfast	
9:00-8:00pm	Optional Excursion (additional fees apply)	
8:00-9:00pm	Dinner	

### THURSDAY, OCTOBER 7

TIME	EVENT	LOCATION
7:30-8:00am	Exercise with Dr. Fuhrman	
8:30-9:30am	Breakfast	
9:30-11:00am	Nutritarian Cooking with Dr. Fuhrman	
11:15-12:15pm	Living the Nutritarian Life with Lisa Fuhrman and Randi Carbone	
12:15-1:15pm	Lunch	
1:15-7:00pm	Free Time	
7:00-8:00pm	Dinner	

**FRIDAY, OCTOBER 8**

<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
7:30-8:00am	Walk	
8:00-9:00am	Breakfast	
9:30-11:00am	Supplements and Q&A with Dr. Fuhrman	
1:00-8:00pm	Free Time	
8:00-9:00pm	Dinner	

**SATURDAY, OCTOBER 9**

<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
8:00-9:30am	Breakfast (boxed for early departure)	