



# ITALY 2022

SUBJECT TO CHANGE

## SUNDAY, OCTOBER 16

| 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 17

| 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 18

| 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 19

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

## THURSDAY, OCTOBER 20

| 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 21

| TIME         | EVENT                                | LOCATION |
|--------------|--------------------------------------|----------|
| 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 22

| TIME        | EVENT                                 | LOCATION |
|-------------|---------------------------------------|----------|
| 8:00-9:30am | Breakfast (boxed for early departure) |          |