

Schedule of Events

7:00-9:00 AM	REGISTRATION	Main Lobby/ Center Atrium
7:30-8:40 AM	Yoga and Meditation* EAT. BREATHE. MEDITATE: Kristin Gould	Main Lobby/ East Atrium <i>(Green Turf)</i>
8:00 AM-6:00 PM	VENDORS OPEN	Main Lobby/ Center Atrium
9:00-10:15 AM	KEYNOTE MORNING KICK-OFF PRESENTATION * Alexis Glick, Host and CEO GENYOUth CEO Euphehe Health Care, "It's Not Our Fault. Letting Biochemistry Do the Hard Work" Nadja Pinnavaia The Wellness Project, "Destination Wellness: Plan Your Route" Phoebe Lapine The Gangsta Gardener, "Change Your Food, Change Your Life" Ron Finley The Lunatic Farmer, "Folks, This Ain't Normal" Joel Salatin	Lecture Hall <i>(Lower Level)</i>
10:30-10:50 AM	LEARNING LECTURES: 1. Cardiovascular Nutrition Controversies Dr. Julie Master 2. How to Get a Plastic Free Kitchen Christine Wong 3. Clean Out Your Pantry: Be Label Saavy The Nourish Coaches	Main Lobby/ Center Atrium Atrium A Atrium B Atrium D
11:00-11:20 AM	LEARNING LECTURES: 1. How to Start Your Own Vegetable Garden Diane Larson 2. Home Detox: 10 Easy Steps to Eliminate Harmful Toxins Clare Broderick 3. Ditch The Diet: 7 Steps to an Intuitive Eating Lifestyle Lisa Rachel Snyder <i>Cooking Demo:</i> 4. Picky No More: ABC Strategies to Feed the Whole Family Marcy Ragan	Main Lobby/ Center Atrium Atrium A Atrium D GS3 Prefunction Area <i>(Lower Level)</i> Atrium C

** All sessions denoted with an asterisk require a badge and registration/payment for the conference. The exception is the 3:20 lecture which is free to students/faculty with identification.*

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11:30 AM-12:30 PM	SPEAKER SERIES* (<i>Select One of Five</i>): <ol style="list-style-type: none">Using Food as Medicine to Fight Inflammation Dr. Susan BlumGenetics and Health: What Your DNA Can and Cannot Tell You About Your Path to Health Dr. Oscar CoetzeeFarm to Hospital: How the Way We Farm Makes Us Sick Dr. Ron WeissDo You Have the Guts? The Gut Microbiome and it's Connection to Everything! Dr. Veera GuptaThe Secrets of a Healthy Cook: How to Tell Nutrition Facts From Nutrition Fiction Kate Sherwood	Lecture Hall (Lower Level) GS1 (Lower Level) GS2 (Lower Level) GS3 Prefunction Area (Lower Level) Center Atrium E (Upstairs)
12:30-2:00 PM	KEYNOTE LUNCHEON* - The Food-Immune Connection Chef David Bouley and Dr. Susan Blum	Ballroom (Lower Level)
2:15-2:35 PM	LEARNING LECTURES: <ol style="list-style-type: none">Not All Juice Is Created Equal Reggie FlimlinHealing From Lyme: How to Maximize Your Health Resources Dr. Evan RubinAyurvedic Tips For Hormone Health Kimberly Kubicke	Main Lobby/ Center Atrium Atrium A Atrium D GS3 Prefunction Area (Lower Level)
2:45-3:05 PM	LEARNING LECTURES: <ol style="list-style-type: none">Understanding Memory Loss Kenneth ZaentzThe Art and Science of Composting Tom MatulewiczHow to Eat Healthy on a Budget The Nourish Coaches <i>Cooking Demo:</i> <ol style="list-style-type: none">Anti-inflammatory Thanksgiving Day Sides Jen Asfar	Main Lobby/ Center Atrium Atrium A Atrium D Atrium E Atrium C
3:20- 4:20 PM	KEYNOTE LECTURE* - Cows, Carbon and Climate Joel Salatin (<i>Students and Faculty are Free – must show ID</i>)	Lecture Hall (Lower Level)
4:00-6:00 PM	WINE TASTING* Sponsored by The Cork Maven, Be Mixed and French Market	Main Lobby/ Connection Cafe
6:00 PM	CONFERENCE CLOSSES	

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