



FRIDAY, MAY 31st

Emcee: Adam Schauble

| Time / Info | Keynote | General Attendee Breakout Room #1 (Rooms 1 & 2) | General Attendee Breakout Room #2 (Rooms 3 & 4) | Networking Lounge | Movement Zone | The Conversation Room |
|---|---|--|--|--|--|--|
| 8:00 AM Check In Open | <i>Check In Desks Open</i> | | | | | |
| 8:45 AM Opening Ceremonies | Robin Switzer & Adam Schauble | | | | | Coming Soon... |
| 9:00 - 9:50 AM Session 1 | Maggie & Brad Jones - "Cancer/Evolution: The Metabolism Of Cancer And Emerging Therapies" | Danielle Hamilton - "Hacking Your Hangry - Your Ticket Off The Blood Sugar Roller Coaster" | | | | Coming Soon... |
| 10:00 - 10:50 AM Session 2 | Regen Ag Panel - Harry Gray, Brett Ender, Ann & Weldon Warren, Nate Pontius, Charles Mayfield, Michael Kummer | Judy Cohen - "Opening Drainage Pathways To Support Healthy Detox And Optimize Performance" | | | Travis Steffens: Breathwork Session | Coming Soon... |
| 11:00 - 11:50 AM Session 3 | Dr. John Jaquish - "The Science Of Osteogenic Loading" | Christy Kesslering - "Meat and Protein Misconceptions In Cancer: Why More Meat Might Be Better." | | Cooking Demo - Courtney Luna | | Coming Soon... |
| 12:00 - 12:50 PM Lunch Hour | * 12:00 - 12:15: Caroline Alan "Your Body As A System Of Cellular Systems – Understanding How Minerals Drive Every Function In Your Body" | | | | Squatch Fitness - Functional Movement Workshop | Coming Soon... |
| 1:00 - 1:50 PM Session 4 | Panel: Triumphs And Troubleshooting The Carnivore Diet - Judy Cho, Dr. Shawn Baker, Dani Conway, Dr. Lisa Wiedeman, Dr. Philip Ovadia, Lauren Knight Hughes | Robby Besner - "The Influence of BioPhoton Modulation on Potentiating Nutritional Absorption" | | | | Coming Soon... |
| 2:00 - 2:50 PM Session 5 | Fireside Chat: "You Are What What You Breathe" - Ben Azadi, Mike Feldstein | James Barry - "Unlocking the Secrets of Primal Instincts Through Flavor" | | Judy Cho - Book Signing: "The Complete Carnivore Diet For Beginners" | Francheska Martinez - Primal Movement Class | Evan Transue: The Health Detective Podcast |
| 3:00 - 3:50 PM Session 6 | Fireside Chat: Ann & Weldon Warren, Dr. Ben Edwards: "Good, Better, Best: A Fireside Chat Around Holistic Health & Food's Role In Medicine" | Doran Greenow: "Ketosis vs. Glucosis – The Ultimate Hack For Humanity" | Zane Griggs - "Building Muscle After 40" | | | Coming Soon... |
| 4:00 PM Announcements | | | | | | Coming Soon... |
| 4:15 - 6:00 PM Expo Hall Activities | | Adam Schauble: "How To Launch A Successful Health Podcast" | | Zane Griggs - Book Signing: "Kicking Ass After 50" | Jenna Love - Hula Hoop Session | Coming Soon... |
| 6:00 PM End Of Day 1 | <i>See You Tomorrow</i> | | | | | |
| 7:00 - 9:00 PM VIP Dinner | <i>VIP Dinner</i> | | | | | |