



SATURDAY, JUNE 1st

Emcee: Steven Klein

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						Coming Soon...
9:00 - 9:50 AM Session 1	Max Lugavere : "Genius Foods – Foods For Your Brain!"	Karen Martel - "What the Heck Is Happening to My Hormones? From Perimenopause to Menopause – What Every Woman Needs to Know!"				Coming Soon...
10:00 - 10:50 AM Session 2	Dr. Amie Hornaman: "The Forgotten Thyroid Hormone T2: Burn Fat While Watching Netflix"	Dr. Sean Drake: "Understanding Your Nervous System"	Reed Davis: Masterclass: "Onboarding And Managing New Clients For A Six – Figure Business"	Ben Greenfield: Book Signing	Travis Steffens: Breathwork Session	Coming Soon...
11:00 - 11:50 AM Session 3	Ben Azadi: "Why 93% of U.S. Adults Are Metabolically Unhealthy – How to Turn This Around!"	Charles Mayfield: "How The Lard Works In Mysterious Ways – History & Benefits Of Lard"				Coming Soon...
12:00 - 12:50 PM Lunch Hour	Brian Sanders: Exclusive Hack Your Health Showing Of "Food Lies - Episode 1"			Max Lugavere: Genius Foods - Book Signing	Sqatch Fitness - Functional Movement Workshop	Coming Soon...
1:00 - 1:50 PM Session 4	Annette Bosworth: "Why You Should Drop Acid – Uric Acid"	Justin Mihaly - "Leveraging Blood Glucose For Your Greatest Appreciating Asset"				Coming Soon...
2:00 - 2:50 PM Session 5	JJ Virgin: "Built to Last - The Top 3 Strategies to Age Powerfully"	Craig Emmerich: "Insulin Resistance, Fat Loss And Energy Metabolism"		Ben Azadi: Keto Flex - Book Signing	Francheska Martinez - Primal Movement Class	Evan Transue: The Health Detective Podcast
3:00 - 3:50 PM Session 6	Shawn Wells: "Supplements, Psychopharmacology And Mental Health"	Chris Bates: "Why Experimental Philosophy Serves Your Better Than Diet Dogma"	Panel: Food Addiction - Mary Roberts, Robert Sikes, Meghan Hemple, Judy Cho, Dr. Joan Iffland, Mike Collins			Coming Soon...
4:00 - 4:50 PM Session 7	Kris Gethin: "How To Reduce Your Biological Age As An Athlete"	Dr. Michael Ruscio: "The Gut-Nutrient-Thyroid Axis"		Cooking Demo: James Barry: "Nose To Tail Nutrition"		Coming Soon...
5:00 PM Announcements						Coming Soon...
5:10 - 6:00 PM Expo Hall Activities					Jenna Love - Hula Hoop Session	Coming Soon...
4:15 PM End Of Day 2	<i>See You Tomorrow!</i>					