



SUNDAY, JUNE 2nd

Emcee: Renee Belz & Lauren Sambataro

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	Dr. Eric Berg: "Prolonged Fasting: A Balanced Perspective – Who Should Embrace And Who Should Avoid"	Jonathan Mendoza: "Life With No Gallbladder: The Role Of Food, Supplementation And Movement"				Coming Soon...
10:00 - 10:50 AM Session 2	Nathalie Niddam: "Longevity & Healthspan – Where Do Peptides And Bioregulators Fit In?"	Dr. Paul Baratteiro: "Healthier With Hydrogen Water"		Annette Bosworth: Book Signing and CGM Giveaway	Travis Steffens: Breathwork Session	JJ Virgin: Well Beyond 40 Podcast with Dr. Shawn Baker
11:00 - 11:50 AM Session 3	Maria Emmerich: "The Most Important Macro (& You are Not Getting Enough)"	Mollie Eastman: "Sleep Alchemy: Optimizing Your Circadian Biology To Revolutionize Your Health"				JJ Virgin: Well Beyond 40 Podcast with Dr. Michael Ruscio
12:00 - 12:50 PM Lunch Hour	Ben Greenfield - Community AMA			Sophia Eng - Cooking Demo & Book Signing	Squatch Fitness - Functional Movement Workshop	Coming Soon...
1:00 - 1:50 PM Session 4	Panel: "Feasting & Fasting" - Bella Ma, Raymond Nazon, Emily Harveaux, Dr. Shawn Baker, Dr. Anthony Chaffee, Dr. Robert Kiltz	Pavel Stuchlik: System Reset Experience - Breathe-Dance-Meditate				Coming Soon...
2:00 - 2:50 PM Session 5	Panel: The Energy Formula: Unlocking The Secrets To Vitality - Shawn Wells, Luke Storey, Daniel Solomons, Josh Trent, Kris Gethin, Ben Greenfield		Adam Lacy & Kerry Mann - Healing Humanity Documentary: A Grassroots Campaign	Maria Emmerich: Cooking Demo	Francheska Martinez - Primal Movement Class	Evan Transue: The Health Detective Podcast
3:00 - 3:50 PM Session 6	Dr. Shawn Baker: "The Evidence Of A Meat Based Diet"					Coming Soon...
4:00 PM Closing Ceremonies	Closing Ceremonies / Awards / Prizes					Coming Soon...
4:15 PM Show Closed	<i>See You Next Year!</i>					