



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>					



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>					



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>					