

# 2023 NHA CONFERENCE SCHEDULE

## THURSDAY, JUNE 22, 2023

<b>6:30–9:00</b>	Breakfast on your own. Food available for purchase at the hotel.
<b>12:30–2:30</b>	Lunch on your own. Food available for purchase at the hotel.
<b>2:00–6:00</b>	Registration.
<b>5:00–6:30</b>	Dinner on your own. Food available for purchase at the hotel.
<b>6:00–7:15</b>	Vitamix reception along with tips and tricks
<b>7:30–9:00</b>	<i>From Food to Freedom</i> documentary
<b>9:00–9:30</b>	Panel discussion with Plant Pure Pod Leaders

## FRIDAY, JUNE 23, 2023

<b>6:30–9:00</b>	Breakfast on your own. Food available for purchase at the hotel.
<b>8:00–2:00</b>	Registration
<b>8:00–12:00</b>	Park Ranger led hike at the Cuyahoga Valley National Park — OR — Tour of Vitamix Museum & Homestead with Cleveland MetroPark Hike
<b>12:00–1:30</b>	Lunch on your own. Food available for purchase at the hotel.
<b>1:30–1:45</b>	<b>Wanda &amp; Mark Huberman:</b> Conference Preview & Welcome
<b>1:45–2:45</b>	<b>Brittany Jaroudi of The Jaroudi Family:</b> Cooking Demo
<b>2:45–3:00</b>	Stretch with <b>Robyn Denning</b> or Break
<b>3:00–3:45</b>	<b>Frank Sabatino, DC, PhD &amp; Mark Huberman</b> History of the NHA (video)
<b>3:45–4:00</b>	Movement with <b>John Pierre</b> or Break
<b>4:00–5:00</b>	<b>Dillon Holmes</b> of Well Your World
<b>5:00–6:45</b>	Dinner
<b>6:45–7:30</b>	<b>Amy Burkman:</b> Speed Painter and Auction
<b>7:45–9:15</b>	<b>Kim Williams, MD</b>

## SATURDAY, JUNE 24, 2023

<b>7:00–8:00</b>	Morning walk at the park next to the hotel
<b>7:00–8:00</b>	Yoga with <b>Robyn Denning</b>
<b>7:00–8:00</b>	Exercise with <b>John Pierre</b>
<b>7:00–9:00</b>	Breakfast
<b>9:00–10:00</b>	<b>Stephan Esser, MD</b>
<b>10:15–11:15</b>	<b>Frank Sabatino, DC, PhD</b>
<b>11:15–11:30</b>	Movement with <b>John Pierre</b> or Break
<b>11:30–12:30</b>	<b>Tami &amp; Tom Kramer:</b> Cooking Demo
<b>12:30–2:00</b>	Lunch
<b>2:00–2:15</b>	Margie's song written for Joel Fuhrman
<b>2:15–3:15</b>	<b>Joel Fuhrman, MD</b>
<b>3:15–3:30</b>	Stretch with <b>Robyn Denning</b> or Break
<b>3:30–4:30</b>	<b>Gene Baur</b> , President and Co-Founder of Farm Sanctuary
<b>4:30–4:45</b>	Break
<b>4:45–5:15</b>	Testimonial
<b>5:15–7:00</b>	Dinner
<b>7:00–8:30</b>	<b>T. Colin Campbell, PhD</b>
<b>8:30–9:00</b>	Break
<b>9:00–10:00</b>	Trivia night with <b>Stephan Esser, MD</b>

### MEETING & ACTIVITY LOCATIONS

**Lectures:** Grand Ballroom

**Included meals:** Club Impulse and Michael's Grille

**Non-included meals:** Michael's Grille, see schedule for times (NHA-compliant menus available).

**Exercise:** Outside (weather permitting)

**Yoga:** Bedford Room

**Guided hike and morning walks:** Meet in the lobby 15 minutes prior to start.

**Vendors:** Rockside Room. Only open during hours posted.

## SUNDAY, JUNE 25, 2023

<b>7:00–8:00</b>	Morning walk at the park next to the hotel
<b>7:00–8:00</b>	Yoga with <b>Robyn Denning</b>
<b>7:00–8:00</b>	Exercise with <b>John Pierre</b>
<b>7:00–9:00</b>	Breakfast
<b>9:00–9:15</b>	Margie's song written for TrueNorth
<b>9:15–10:15</b>	<b>Alan Goldhamer, DC:</b> Fasting
<b>10:15–10:30</b>	Fund-raising appeal
<b>10:30–11:30</b>	Q&A with Fasting Panel: <b>Alan Goldhamer, DC, Asa Frey, DC, Joanna Frey, DC, and Gracie Yuen, DC</b>
<b>11:30–11:45</b>	Break
<b>11:45–12:45</b>	<b>Asa Frey, DC</b>
<b>12:45–2:15</b>	Lunch
<b>2:15–3:15</b>	Case Presentations and Q&A with <b>Drs. Joel Fuhrman, Stephan Esser, Frank Sabatino and Alan Goldhamer</b>
<b>3:15–3:30</b>	Break and Stretch with <b>Robyn Denning</b>
<b>3:30–4:30</b>	<b>John Pierre</b>
<b>4:30–4:45</b>	<b>Wanda &amp; Mark Huberman:</b> Closing
<b>5:00–6:30</b>	Dinner on your own. Food available for purchase at the hotel.

## MONDAY, JUNE 26, 2023

<b>6:30–9:00</b>	Breakfast on your own. Food available for purchase at the hotel.
------------------	------------------------------------------------------------------



THANKS TO OUR SPONSORS:

