

2024 NHA CONFERENCE SCHEDULE

THURSDAY, JUNE 27, 2024

- 6:30–9:00** Breakfast on your own. Michael's Grille offers WFPB, SOS-free options.
- 12:30–2:30** Lunch on your own. Michael's Grille offers WFPB, SOS-free options.
- 2:00–5:30** **Registration.** Vendor tables open.
- 5:00–6:30** Dinner on your own. Michael's Grille offers WFPB, SOS-free options.
- 5:30–7:00** **Vitamix reception** along with tips and tricks
- 7:30–9:00** **Jane Esselstyn, RN and Ann Esselstyn:** Be a Plant-Based Woman Warrior! Live Fierce, Stay Bold, Eat Delicious!

FRIDAY, JUNE 28, 2024

- 6:30–9:00** Breakfast on your own. Michael's Grille offers WFPB, SOS-free options.
- 8:00–1:30** **Registration**
- 9:00–12:00** Guided hike at the **Cuyahoga Valley National Park.** Space is limited and pre-registration will be required.
- 9:00–12:00** Guided tour of the **Vitamix World Headquarters.** Space is limited and pre-registration will be required.
- 12:00–1:30** Lunch on your own. Michael's Grille offers WFPB, SOS-free options.
- 1:30–2:00** **Wanda and Mark Huberman:** Conference Preview and Welcome
- 2:00–3:00** **Jason DeSalvo:** Cooking demo using the KoMo grain mill
- 3:00–3:15** Break
- 3:15–4:15** **Dr. Greg Fitzgerald:** Energy for Life—From Tired to Terrific in 21 Days!
- 4:15–4:30** Break
- 4:30–5:30** **Dr. Frank Sabatino:** The Plant-Powered Fountain of Youth—Turning Back the Clock at Any Age
- 5:30–7:30** Dinner
- 7:30–9:00** **Dr. Neal Barnard:** Power Foods for Weight Management, followed by Q&A

SATURDAY, JUNE 29, 2024

- 7:00–8:00** Morning **Walk with a Doc**
- 7:00–8:00** Yoga with **Robyn Denning**
- 7:00–8:00** Exercise with **John Pierre:** Balance, Coordination, and Fall Prevention
- 7:00–9:00** Breakfast
- 9:00–10:00** **Dr. Stephan Esser:** Sleep and Health
- 10:00–10:15** Break
- 10:15–11:15** **Dr. Alan Goldhamer:** Can Fasting Save your Life?, followed by a book signing
- 11:15–11:30** Break
- 11:30–12:30** **Dr. Caldwell Esselstyn:** The Nutritional Reversal of Cardiovascular Disease—Fact or Fiction?
- 12:30–2:00** Lunch
- 2:00–3:00** **Chuck Carroll:** Lessons from the Weight-Loss Champion
- 3:00–3:15** Break
- 3:15–4:15** **Dr. Laurie Marbas:** Your Annual Check-Up—Understanding Lab Results for Plant-Based Diets
- 4:15–4:30** Break
- 4:30–5:30** **Dr. Csilla Veress:** The New Frontier of Health
- 5:30–7:30** Dinner
- 7:30–9:00** **Dr. Joel Fuhrman:** Combat Overeating with Robust Emotional Health, followed by Q&A
- 9:00–9:15** Break
- 9:15–10:30** A night of music: **Robyn Denning, Frank Sabatino, Ron Weiss, Mark Epstein, and Jason DeSalvo**

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:** Broadview Heights Room
- Guided hike and morning walks:** Meet by the front door 15 minutes prior to start.
- Vendors:** Pre-Function Area
Only open during hours posted.

SUNDAY, JUNE 30, 2024

- 7:00–8:00** Morning **Walk with a Doc**
- 7:00–8:00** Yoga with **Robyn Denning**
- 7:00–8:00** Exercise with **John Pierre:** Enhancing Cognitive Functioning and Reflex Training
- 7:00–9:00** Breakfast
- 9:00–10:00** **Cathy Fisher:** Cooking demo
- 10:00–10:15** Break
- 10:15–10:45** **Jason DeSalvo:** Why the NHA Deserves Your Support
- 10:45–11:00** Break
- 11:00–12:00** **Dr. Ron Weiss:** The Ethics of Eating
- 12:00–1:30** Lunch
- 1:30–2:30** Doctors' Panel: **Joel Fuhrman, Csilla Veress, Stephan Esser, Laurie Marbas, and Ron Weiss**
- 2:30–2:45** Break
- 2:45–3:45** **John Pierre:** The Power of Motion
- 3:45–4:00** Break
- 4:00–4:45** **Dr. Greg Fitzgerald:** The Conference in a Nutshell—Don't Be Normal, Be Healthy!
- 4:45–5:00** Wrap-up with **Wanda and Mark Huberman**
- 5:00–6:30** Dinner on your own. Michael's Grille offers WFPB, SOS-free options.

MONDAY, JULY 1, 2024

- 6:30–9:00** Breakfast on your own. Michael's Grille offers WFPB, SOS-free options.

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