

2026 NHA CONFERENCE SCHEDULE

THURSDAY, JUNE 25

- 1:30–5:00** Registration, Vitamix smoothies, and Dandy Blend beverages
- 5:00–6:30** Dinner (not included)
- 6:30–6:45** **Wanda and Mark Huberman:** Welcome and Conference Orientation
- 6:45–7:30** **John Pierre:** The Power of Play
- 7:45–8:45** **Luanne Spiros:** Oncology & Gentle Yoga
- 7:45–9:00** **Stephan Esser, MD:** Play, Connect, and Belong

FRIDAY, JUNE 26

- 7:00–9:00** Breakfast (not included)
- 8:00–12:00** Guided Hike at **Cuyahoga Valley National Park**
- 12:00–1:50** Lunch (not included)
- 1:50–2:00** **Wanda Huberman:** Welcome Back/First-time Attendee Recognition
- 2:00–3:00** **Frank Sabatino, DC, PhD:** Awe, Vitality and Hope—Lifestyle Impact on Hormones, Genes and Healthspan
- 3:00–3:30** Book signing and break
- 3:30–4:30** **Vitamix:** Blend Your Way to Better Health with **Aimee Wrubel, DC, ND**, 5th Generation Family Member, Vitamix and **Adam Wilson, MPA**, Senior Manager of Culinary Education, Vitamix
- 4:30–5:00** Meet the Experts Reception
- 5:00–7:00** Dinner (included)
- 7:00–8:30** **Keynote, Kristi Funk, MD, FACS, DipABLM:** How Diet & Lifestyle Affect Breast Cancer Risk & Outcomes (with Q&A)
- 8:30–9:00** Book signing
- 8:45–9:45** **Luanne Spiros:** Oncology & Gentle Yoga

SATURDAY, JUNE 27

- 7:00–9:00** Breakfast (included)
- 7:00–8:00** **Robyn Denning:** Ashtanga-Inspired Yoga—Breath & Movement
- 7:00–8:00** **John Pierre:** Balance, Coordination and Skill Development
- 7:00–8:00** **Ivy Teves-Sigouin and Maxime Sigouin:** Strength Workout
- 8:15–8:45** **Lana Wedmore:** Breakfast & Learn about Luna Lodge/Osa Peninsula
- 9:00–10:00** **Stephan Esser, MD:** Peptides, Plunges and Platitudes—The Foundation of Health
- 10:00–10:15** Break
- 10:15–11:15** **Alan Goldhamer, DC:** Increasing Healthspan—A Whole Body Approach
- 11:15–11:30** Break
- 11:30–12:30** **Brittany Jaroudi:** Cooking Demo—Fast, Family-Friendly SOS-free Meals
- 12:30–2:00** Lunch (included)
- 12:45–2:00** **Wanda Huberman & Lisa McCarl:** Travel Lunch & Learn
- 2:00–3:00** **Christa Barfield:** To Heal a Nation is to Feed Them Well
- 3:00–3:30** Group photo outside
- 3:30–5:00** **Joel Fuhrman, MD:** The Medical Illusion—The Long-term Failure of Modern Medicine and Real Solutions for a Better Life (with Q&A)
- 5:00–7:00** Dinner (included)
- 7:00–8:30** **Keynote, Columbus Batiste, MD:** Nutritional Resilience—Protecting the Heart in a Stressed World (with Q&A)
- 8:30–9:00** Book signing and break
- 9:00–10:00** Community celebration and music fest

MEETING & ACTIVITY LOCATIONS

Lectures: Grand Ballroom

Breakfast/Lunch & Learn: Grand Ballroom—Guests are invited to bring their meal into the Grand Ballroom

All meals: Club Impulse and Michael's Grille. See schedule for times and listing of included or non-included meals. NHA-compliant menus available.

Guided hike: Meet by the front door 15 minutes prior to start

Exercise/Workout: Outside, weather permitting; Bedford Room, if raining

Yoga: Broadview Heights Room

Kids Program: Valley View Room

REMS Scans: The Brooklyn Room

Vendors: Pre-Function Area

SUNDAY, JUNE 28

- 7:00–9:00** Breakfast (included)
- 7:00–8:00** **Robyn Denning:** Ashtanga-Inspired Yoga—Breath & Movement
- 7:00–8:00** **John Pierre:** Fall Prevention and Bone Building
- 7:00–8:00** **Ivy Teves-Sigouin and Maxime Sigouin:** Strength Workout
- 9:00–10:10** **Deb and Jason DeSalvo:** Whole Grains—Myths vs. Reality
- 10:10–10:30** Break
- 10:30–11:45** The Exam Room Podcast Live with **Chuck Carroll** & Physician Panel, featuring **Joel Fuhrman, MD** and **Columbus Batiste, MD**
- 11:45–12:00** Break and last chance to purchase raffle tickets and bid on silent auction items!
- 12:00–1:30** Lunch (included)
- 12:30–1:15** **PCRM's Emily Perryman, MS, RD and Jeanne Schumacher, EdD:** Building Healthy Communities Lunch & Learn
- 1:30–2:30** Sponsor/donor recognition and announce raffle and silent auction winners
- 2:30–3:30** **Lisa Acocella, DC:** Testimonial
- 3:30–3:45** Break
- 3:45–4:45** **Dianne and Pat Doyle:** Food Prep Made Easy
- 4:45–5:00** **Wanda and Mark Huberman:** Closing Remarks
- 5:00–7:00** Dinner (not included)

MONDAY, JUNE 29

- 7:00–9:00** Breakfast (not included)

THANKS TO OUR SPONSORS:

