

## REGENCY SPA 2010 HEALTHY LIVING CONFERENCE

### THURSDAY JULY 22

5:30 pm	Cocktails/Meet and Greet Hostess M.J. Blum
6:00-7:30pm	Dinner
7:45pm	M.J. Blum & Dr. Frank Sabatino – <b>Introduction</b>
8:15pm	Lecture – Dr. Frank Sabatino. <b>True Health Care Reform: Embracing Prevention, Self-Care &amp; Wellness</b>

### FRIDAY JULY 23

7am	Fitness Walk on the Hollywood Beach Broadwalk
8am	Breakfast
9:15am-10:45am	Lecture – Jeff Novak. <b>Calorie Density: How to Eat More, Weigh Less &amp; Live Longer</b>
11:15am-12:15	Sassy Salsa for Every Body with Elena Yantz or Splash & Relax with Maria Ward
12:30pm-2:00pm	Lunch
2:00pm-3:30pm	Lecture – Dr. Michael Greger. <b>Cutting Edge Research on Nutrition: Feeding Families to Prevent, Treat, &amp; Reverse Chronic Disease</b>
3:45pm-4:45pm	Food Demo with Chef John Nowakowski. <b>1) How to make veggies taste absolutely delicious (2) Soy-free dessert toppings (3) Cooking with carob – the chocolate alternative</b>
5:00pm-6:00pm	Yoga with Maria Ward or T'ai Chi with Dr. Frank Sabatino
6:00pm-7:30pm	Dinner
8:00 pm	Music and Dancing with Dr. Frank, Rob and Victor at Pool Area

### Saturday July 24

7am	Fitness Walk on the Hollywood Beach Broadwalk
8am	Breakfast
9:15am-10:45am	Lecture – Dr. Terry Lyles. <b>Navigating Life's Stress: Living Younger Longer</b>

11:15am-12:15	Fit Body with Carolina Globuz or Water Workout with Alexandra Leifshutz
12:30pm-2:00pm	Lunch
2:00pm-3:30pm	Lecture – Dr. Randall Hardy. <b>How to Stay Healthy In The Real World Without Driving Yourself Crazy</b>
3:45pm-4:45pm	Raw Food Demo with Chef Colin Cook. <b>Quick &amp; Easy Raw Meals &amp; Sauces</b>
5:00pm-6:00pm	Yoga with Alexandra or T'ai Chi with Dr. Frank Sabatino
6:00pm-7:30pm	Dinner
8:00 pm	African Dance & Drumming Performance with Guest Participation with Kaye Dallas & Lamine Soumah

### Sunday July 25

7am	Fitness Walk on the Hollywood Beach Broadwalk
8am	Breakfast
9:15am-10:45am	Lecture – Victoria Moran. <b>The Look Amazing, Feel Fantastic, Age-Defying Lifestyle</b>
11:00am-12:30pm	Lecture – Dr. Frank Sabatino. <b>A Total Weight Loss Solution: The Role of Food, Hormones, Activity, Stress, Sleep, Addiction, &amp; Toxicity</b>
12:30pm-2:00pm	Lunch
2:00pm-3:30pm	Lecture – Dr. Paula Bromberg with Alexandra Leifschutz. <b>Mindful Living: Living a Wholesome Life in the 21st Century: A Process and Conversation</b>
3:45pm-4:45pm	Raw Food Demo with Chef Colin Cook. <b>Low Glycemic Raw Food Desserts</b>
5:00pm-6:00pm	Yoga with Maria Ward or T'ai Chi with Dr. Frank Sabatino
6:00pm-7:30pm	Dinner
8:00 pm	Dancing under the Stars–Music, dancing and Karaoke–Pool Area

Please note that this schedule is subject to change. Please see the activity board or web site for any changes to the activity or speaker timetable.