

# The NHA / Balance for Life *Jump Start Your Life 2019*

## Program Schedule

### Saturday, January 5, 2019

4:00 pm Hotel Check-In/Event Registration  
5:30 pm – 6:30 pm Dinner  
7:00 pm – 8:30 pm Stephan Esser, MD: *Cancer: Unraveling the Colors of Health*

### Sunday, January 6, 2019

7:00 am – 8:00 am Morning Walk or Yoga  
8:00 am – 9:00 am Breakfast  
9:30 am – 10:15 am Choose Your Fitness Class  
11:00 am – 12:00 pm Frank Sabatino, D.C., Ph.D: “Compassionate Weight Loss for Life:  
*Part 1 – The Necessity of Non S.O.S Plant Based Nutrition*  
12:30 pm – 1:30 pm Lunch  
1:30 pm – 3:30 pm Enjoy the Beach and Personal Time  
3:30 pm – 4:30 pm Cooking Demo with Collin Cook  
5:30 pm – 6:30 pm Dinner  
7:00 pm – 8:30 pm Frank Sabatino, D.C., Ph.D.  
*Embrace Compassionate Plant Based Living: The True Health Care Solution  
for Personal and Planetary Health*

### Monday, January 7, 2019

7:00 am – 8:00 am Morning Walk or Yoga  
8:00 am – 9:00 am Breakfast  
9:30 am – 10:15 am Choose Your Fitness Class  
11:00 am – 12:00 pm Frank Sabatino, D.C., Ph.D: “Compassionate Weight Loss for Life:  
*Part 2 – Role of Hormonal Regulation, Glycemic Impact & Physical Activity*  
12:30 pm – 1:30 pm Lunch  
1:30 pm – 3:30 pm Enjoy the Beach and Personal Time  
3:30 pm – 4:30 pm Cooking Demo with Katie Mae  
5:30 pm – 6:30 pm Dinner  
7:00 pm – 8:30 pm Victoria Moran, Main Street Vegan Author & Podcast  
*When I’m 64: The Art of Slow Motion Aging When I’m 64*

### Tuesday, January 8, 2019

7:00 am – 8:00 am Morning Walk or Yoga  
8:00 am – 9:00 am Breakfast  
9:30 am – 10:15 am Choose Your Fitness Class  
11:00 am – 12:00 pm Frank Sabatino, D.C., Ph.D: “Compassionate Weight Loss for Life:  
*Part 3 – Impact of Stress & Sleep Deficiency in Weight Gain*  
12:30 pm – 1:30 pm Lunch  
1:30 pm – 3:30 pm Enjoy the Beach and Personal Time  
3:30 pm – 4:30 pm Cooking Demo with Collin Cook  
5:30 pm – 6:30 pm Dinner  
7:00 pm – 8:30 pm Alan Goldhamer, D.C.  
*Embrace Compassionate Plant Based Living: “The True Health Care Solution  
for Personal and Planetary Health”*

### Wednesday, January 9, 2019

7:00 am – 8:00 am Morning Walk or Yoga  
8:00 am – 9:00 am Breakfast  
9:30 am – 10:15 am Choose Your Fitness Class  
11:00 am Hotel Check-out (Front desk will store your baggage)  
11:00 am – 12:00 pm Frank Sabatino, D.C., Ph.D: “Compassionate Weight Loss for Life:  
*Part 4 – Impact of Psycho-emotional Factors, Addiction, and Environmental  
Toxicity on Weight Gain*  
12:30 pm – 1:30 pm Lunch