

CONFERENCE SCHEDULE

November - 2019

03

Sunday

04

Monday

3:00 PM - 4:00 PM

WELCOME RECEPTION

4:00 PM - 5:15 PM

CHECK IN TO ROOMS

5:15 PM - 5:30 PM

INTRO + WELCOME

Victoria Moran, Ellen Jaffe Jones, and
Linda Middlesworth

5:30 PM - 6:30 PM

GROUP DINNER

7:00 PM

OPEN LECTURE

Victoria Moran - When I'm 64:
Plant-Powered Living for Slow-Motion
Aging

7:00 AM - 8:00 AM

**OPTIONAL FITNESS/
MOVEMENT**

8:30 AM - 9:30 AM

BREAKFAST

10:00 AM - 10:45 AM

MORNING FITNESS

11:00 AM - 12:00 PM

PANEL

Victoria Moran, Ellen Jaffe Jones, and
Linda Middlesworth

12:30 PM - 1:30 PM

LUNCH

2:00 PM - 4:00 PM

GROUP LECTURES

Victoria Moran - Elements of Ayurveda
Ellen Jaffe Jones - Managing Your
Financial Life as a Vegan
Linda Middlesworth - TBD

4:00 PM - 4:30 PM

FITNESS

5:30 PM - 6:30 PM

DINNER

7:00 PM - 8:00 PM

EVENING LECTURE

Ellen Jaffe Jones - TBD

THIRD ACT VEGAN
2096 NE 2ND ST.
DEERFIELD BEACH, FL 33441
1.800.663.9292

BALANCEFORLIFEFLORIDA.COM

CONFERENCE SCHEDULE

November - 2019

05 06

Tuesday

Wednesday

7:00 AM - 8:00 AM

**OPTIONAL FITNESS/
MOVEMENT**

7:00 AM - 8:00 AM

**OPTIONAL FITNESS/
MOVEMENT**

8:30 AM - 9:30 AM

BREAKFAST

8:30 AM - 9:30 AM

BREAKFAST

9:30 AM - 10:30 AM

MORNING FITNESS

9:30 AM - 10:30 AM

MORNING FITNESS

11:00 AM - 12:00 PM

PANEL

Victoria Moran, Ellen Jaffe Jones, and
Linda Middlesworth

11:00 AM - 12:00 PM

PANEL

Victoria Moran, Ellen Jaffe Jones, and
Linda Middlesworth

12:00 PM - 1:00 PM

LUNCH

12:00 PM - 1:00 PM

LUNCH

1:00 PM - 4:00 PM

GROUP LECTURES

Victoria Moran - Elements of Ayurveda
Ellen Jaffe Jones - Overcoming the
Worst Health Obstacles, or Dealing with
the Inevitable
Linda Middlesworth - TBD

1:00 PM - 4:00 PM

GROUP LECTURES

Victoria Moran - Medical Medium
Protocols
Ellen Jaffe Jones - Aging with Grace
and Finding Purpose in the Golden
Years
Linda Middlesworth - TBD

4:00 PM - 4:30 PM

FITNESS

4:00 PM - 4:30 PM

FITNESS

5:30 PM - 6:30 PM

DINNER

5:30 PM - 6:30 PM

DINNER

7:00 PM - 8:00 PM

EVENING LECTURE

Dr. Frank Sabatino - TBD

7:00 PM - 8:00 PM

EVENING LECTURE

Linda Middlesworth - TBD

07

Thursday

7:00 AM - 8:00 AM

**OPTIONAL FITNESS/
MOVEMENT**

8:30 AM - 9:00 AM

BREAKFAST

9:30 AM - 10:15 AM

FINAL INSPIRATION

Dr. Frank Sabatino

11:00 AM

HOTEL CHECK-OUT

(Front desk will store your baggage)