

**MANY PATHS***to Wellness***THURSDAY, FEB 23, 2023**

- 2:10 pm Ann Fonfa - *Opening remarks*
- 2:40 pm Shona Levy - *Better care: good diet, exercise, holistic approach to wellness*
- 3:30 pm Carol Michaels - *Physical exercise after cancer diagnosis or treatment*
- 4:20 pm Cindy Ness, PhD, EdD - *Emotional Wellbeing/ Social Connection in Cancer*
- 5:10 pm **Break VISIT EXHIBIT area**
- 6:00 pm **Opening Reception** - food/drink - outside meeting rooms

FRIDAY, FEBRUARY 24, 2023

- 7:00 am Yoga with Amy Fabrikant - *Yoga class Friday and Saturday*
- 8:30 am Ann Fonfa - *Opening remarks*
- 9:00 am Keith Block, MD - *Cancer Recovery: Importance of Overcoming a Disrupted Terrain*
- 10:30 am **Stretch/Break/Exhibit Hall**
- 10:50 am Penny Block, PhD -
- 11:25 am Henning Saupe, MD - *Holistic Cancer Medicine*
- 12:25 pm **Organic Lunch Buffet**
- 2:00 pm Kelly Turner, PhD - *Documentary Screening: Personalizing Herbal Supplements*
- 2:50 pm **Break - Exhibit Hall visits**
- 3:15 pm Brandon LaGreca, ND - *Cancer: A Wound That Can Heal*
- 4:05 pm **PATIENT PANEL** - Julia Chiappetta, Bettina Tammamaro, Jenny Bradley

Break until movie 7:30 PM

- 7:30 pm **Movies** - John Malanca with Medical Cannabis

Dinner on your own (**hotel** offers ORGANIC choices on their menu) **FREE** Shuttle to downtown WPB

SATURDAY, FEBRUARY 25, 2023

- 7:00 am Yoga with Amy Fabrikant - *Yoga class*
- 8:15 am Ann Fonfa - *Tells tales*
- 9:00 am Zubin Marolia, MD - *Mistletoe - The Kiss of Life*
- 9:35 am Charles Bens, PhD - *Optimizing cancer prevention and recovery*
- 10:25 am **BREAK Exhibit Hall**
- 11:00 am George Love, DOM - *Qi Gong for health*
- 11:40 am Honoring Dr. George Wong - *Patients speak up*
- 12:30 pm **Organic Lunch Buffet**
- 2:00 pm Howard Robins, MD. - *Gut Microbiota and disease*
- 2:50 pm Linda Isaacs, MD - *Enzymes and Cancer*
- 3:40 pm Isaac Eliaz, MD, MS LicAc - *The Survival Paradox: Targeting the Root Cause of Cancer and Chronic Diseases*

4:30 pm - 5:15 pm Last chance to visit exhibitors.

CONSULTATIONS

George Wong, PhD, Chinese Herbalist. **Boardroom.**
Dr. Zubin Marolia - Consult on the use of Mistletoe. **TBD**
(Suggested donation to Annie Appleseed Project \$75)

PRIZE DRAWINGS - purchase prize tickets

This year the ORGANIC lunch buffet will offer a variety of vegetarian and vegan options. We may have some Raw foods as well (beside terrific salad choices). All dishes are labeled for ingredients and you can choose gluten-free if needed.

The Annie Appleseed Project

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