

Gift of Health Workshop Agenda

Day 1 -- (Fri) – 3:00 p.m. - 8:30 p.m.

3:00 – 3:30 pm	Registration, Snacks	Rose Foote
3:30 – 4:15 pm	Introductions Welcome, Goals of Meeting	Arjun Rayapudi Shobha Rayapudi
4:15 – 6:00 pm	Prevailing Management and Solutions: Obesity, Diabetes, Hypertension, Heart Disease	Arjun Rayapudi
5:30 – 5:45 pm	Calorie Density	Shobha
6:00 – 7:00 pm	Dinner	Dining Hall
7:00 – 8:00 pm	Movie	
8:00 – 8:30 pm	Q&A session	
8:30 pm	End	

Day 2 -- (Sat) – 8:00 a.m. - 7:00 p.m.

8:00 – 8:45 am	Breakfast	Dining Hall
8:45 – 10:45 am	Common Nutritional Myths	Arjun, Shobha
10:45 – 11:00 am	Break	
11:00 – 11:45 am	Nutrient Density, Cronometer Food pyramid	Shobha, Arjun
11:45 – 12:45 pm	My Plant Based Journey	Previous participants
12:45 – 1:45 pm	Lunch	
1:45 – 2:45 pm	How to Transition to Plant Based Diet	Shobha
3:00 – 4:00 pm	Tips and Tricks to successfully Navigate	Shobha
4:00 – 4:05 pm	Break	
4:05 – 5:10 pm	Cooking Show	GOH team

5:10 – 5:15 pm	<i>Break</i>	
5:15 – 6:10 pm	Movie	
6:10 – 6:30 pm	Q & A	
6:30 – 7:00 pm	<i>Dinner</i>	<i>Dining Hall</i>
7:00 pm	End	

Day 3 – (Sun) – 8:00 a.m. - 4:00 p.m.

8:00 – 8:40 am	<i>Breakfast</i>	<i>Dining Hall</i>
8:45 – 9:45 am	How to read a Food Label	Shobha
10:00 – 12:00 pm	Cooking Show	GOH team
12:00 – 1:00 pm	Meal Planning	
1:00 – 1:30 pm	Tips for Dining out	Arjun
1:30 – 2:00 pm	How to SHOP presentation	Arjun
2:00 – 2:45 pm	<i>Lunch</i>	<i>Dining Hall</i>
2:45 – 3:45 pm	<i>Next steps</i>	
4:00 pm	End	

* Schedule is subject to change and improvement