

## Gift of Health Workshop Agenda

### Day 1 -- 29 Apr (Fri) – 3:00 p.m. - 8:00 p.m.

3:00 – 3:30 pm	Registration	Main Hall entrance
3:30 – 4:00 pm	Introductions Welcome, Goals of Meeting	Arjun Rayapudi Shobha Rayapudi
4:00 – 5:00 pm	Understanding Obesity, Diabetes, Hypertension, Heart Disease and their Management	Arjun Rayapudi
5:00 – 5:15 pm	Q&A session	
5:15 – 6:00 pm	Dinner	Main Hall
6:00 – 7:30 pm	<b>Movie</b>	
7:30 – 8:00 pm	4 leaf form filling Food questionnaire Q&A session	
8:00 pm	<b>End</b>	

### Day 2 -- 30 Apr (Sat) – 8:30 a.m. - 7:30 p.m.

8:30 – 9:15 am	Breakfast	Main Hall
9:15 – 10:00 am	Carbohydrates, Fats, Protein 101	Arjun Rayapudi
10:00 – 10:50	Calorie Density: How to Eat More, Weigh Less. Understanding Pleasure Trap	Shobha Rayapudi
10:50 – 11:00	Break	
11:00 – 12:00	<b>Workshop</b> Fiber	Arjun, Shobha, Shelda
12:00 – 1:00 pm	Lunch	Main Hall
1:00 – 2:00	How to Read a Food Label	Shobha, Arjun
2:00 – 3:00	My Plant Based Journey	Shelda
3:30 – 3:40	Break	
3:40 – 4:30	Tips and Weekly plans for Eating Plant-based	Shobha, Shelda

4:30 – 5:10	<b>Workshop</b> Meal plans: Planning Lunches, Supper and Snacks Successfully Dining Out, When You Must	
5:10 – 6:00 pm	<i>Dinner</i>	<i>Main Hall</i>
6:00 – 7:30	<b>MOVIE</b>	
7:30 pm	<b>End</b>	

**Day 3 -- 1 May (Sun) – 8:30 a.m. - 4:00 p.m.**

8:30 – 9:15 am	<i>Breakfast</i>	<i>Main Hall</i>
9:15 – 9:45 am	Movie Discussion	
9:45 – 12:30	Cooking demonstration	Shobha, Shelda, Marie
12:30 – 1:00 pm	Q & A session	Arjun
1:00 – 2:00 pm	<i>Lunch</i>	<i>Main Hall</i>
2:00 – 2:30	Feedback	
2:30 – 4:00	<b>Shopping</b> Local Stores	<i>Sobeys</i>
4:00pm	<b>End</b>	

\* Schedule is subject to change and improvement