

## Gift of Health Workshop Agenda

### Day 1 – (Fri) – 5:00 p.m. - 9:00 p.m.

5:00 – 5:30 pm	Registration, Snacks	
5:30 – 6:00 pm	Introductions Welcome, Goals of Meeting	Arjun Rayapudi Shobha Rayapudi
6:00 – 7:00 pm	Calorie Density, Nutrient Density	Arjun, Shobha
7:00 – 7:40 pm	Dinner	Main Hall
7:45 – 8:45 pm	Prevailing Management and Solutions: Obesity, Diabetes, Hypertension, Heart Disease	
9:00 pm	<b>End</b>	

### Day 2 – (Sat) – 8:00 a.m. - 6:00 p.m.

8:00 – 8:45 am	Breakfast	Main Hall
8:45 – 9:00 am	Cronometer	Arjun Rayapudi
9:00 – 11:00 am	Common Nutritional Myths	Arjun, Shobha
11:15 – 12:15 am	My plant based journey	Previous participants
12:15 – 1:15 pm	Lunch	Main Hall
1:15 – 3:00 pm	How to Transition to Plant Based Diet	Shobha
3:10 – 4:10 pm	Cooking Show	GOH team
4:25 – 5:30 pm	Movie, Discussion	
5:30 – 6:00 pm	Dinner	Main Hall
6:00 pm	<b>End</b>	

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

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<i>8:00–8:45 am</i>	<i>Breakfast</i>	<i>Main Hall</i>
<i>9:00–10:00 am</i>	How to read a Food label and Shop	Shobha, Arjun
<i>10:15–12:15 pm</i>	Cooking demonstration	GOH team
<i>12:30 –1:00 pm</i>	Menu planning	
<i>1:00 –1:30 pm</i>	Tips for Dining out	Arjun
<i>1:30 –2:30 pm</i>	Next steps	
<i>2:30 –3:30 pm</i>	<i>Dinner</i>	
<i>3:30 – 4:00 pm</i>	Feedback	
<i>4:00 pm</i>	<b>End</b>	

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\* Schedule is subject to change and improvement