

6 AM	TRAVEL DAY					6 AM	
6:30						6:30	
7 AM			MORNING WALK	OUTDOOR EXPERIENCE	MORNING WALK	OUTDOOR EXPERIENCE	7 AM
7:30							7:30
8 AM							8 AM
8:30			DIAGNOSTICS & CONSULTATIONS	DIAGNOSTICS & CONSULTATIONS	DIAGNOSTICS & CONSULTATIONS	DIAGNOSTICS & CONSULTATIONS	8:30
9 AM							9 AM
9:30			LONGEVITY THROUGH THE MEDICAL LENS	ENDURANCE ZONE 2 & YOU	DIAGNOSTICS & CONSULTATIONS	CLOSING CIRCLE	9:30
10 AM							10 AM
10:30			GLUCOSE MONITOR & WATCHPAT WORKSHOP				10:30
11 AM						11 AM	
11:30			SOOTHE YOUR CENTRAL NERVOUS SYSTEM	FITNESS AND MOVEMENT CLASS		11:30	
12 PM						12 PM	
12:30		LUNCH	LUNCH	LUNCH	CLOSING LUNCH	12:30	
1 PM						1 PM	
1:30		ELECTROCARDIOGRAM TEST	PULMONARY FUNCTION TEST	NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN		1:30	
2 PM						2 PM	
2:30			FITNESS AND MOVEMENT CLASS		FITNESS AND MOVEMENT CLASS	2:30	
3 PM						3 PM	
3:30	WELCOME ORIENTATION					3:30	
4 PM		DIAGNOSTICS & CONSULTATIONS		DIAGNOSTICS & CONSULTATIONS		4 PM	
4:30	SCHEDULE OVERVIEW		DIAGNOSTICS & CONSULTATIONS			4:30	
5 PM	CR VITALITY TOUR				TRAVEL DAY LATE CHECK-OUT	5 PM	
5:30						5:30	
6 PM	LONGEVITY8 GROUP WELCOME DINNER					6 PM	
6:30		GROUP DINNER	GROUP DINNER	GROUP DINNER		6:30	
7 PM						7 PM	