



Monday June 10		Activity / Lecture - Day 1	Speaker	Meeting Room
3:00 PM	4:00 PM	Check-In & Retreat Orientation	<i>Engine 2 Team</i>	<i>Blue Ridge Center</i>
4:00 PM	5:00 PM	Immersion Welcome & Orientation	<i>Rip Esselstyn & Medical Team</i>	<i>Washburn</i>
5:00 PM	6:00 PM	Plant-Strong Dinner		<i>Blue Ridge Center</i>
6:00 PM	7:00 PM	Engine 2 Seven-Day Rescue	<i>Rip Esselstyn</i>	<i>Washburn</i>
7:00 PM	7:15 PM	Break		
7:15 PM	8:30 PM	Group Introductions - Why are you here?	<i>Participants</i>	<i>Washburn</i>
Tuesday June 11		Activity / Lecture - Day 2	Speaker	Meeting Room
6:00 AM	7:30 AM	Biometric Screenings	<i>Engine 2 Medical Team</i>	<i>Washburn</i>
7:30 AM	8:30 AM	Yoga / Morning Walk / E2X / Swim	<i>Engine 2 Team</i>	<i>Various Locations</i>
8:30 AM	9:15 AM	Plant-Strong Breakfast		<i>Blue Ridge Center</i>
9:20 AM	9:25 AM	Good Morning - Good News	<i>Rip Esselstyn</i>	<i>Washburn</i>
9:25 AM	10:15 AM	The Pleasure Trap	<i>Dr. Doug Lisle</i>	<i>Washburn</i>
10:15 AM	10:25 AM	Break		
10:25 AM	11:15 AM	Calorie Density	<i>Dr. Doug Lisle</i>	<i>Washburn</i>
11:15 AM	11:30 AM	Break		
11:30 AM	12:30 PM	Getting Along Without Going Along	<i>Dr. Doug Lisle</i>	<i>Washburn</i>
12:30 PM	1:30 PM	Plant-Strong Lunch		<i>Blue Ridge Center</i>
1:30 PM	2:10 PM	Think / Pair / Share Crowdsourcing: Solutions to Hurdles	<i>Brian Hart</i>	<i>Washburn</i>
2:10 PM	2:20 PM	Break		
2:20 PM	3:15 PM	Prevent & Reverse Heart Disease	<i>Dr. Caldwell Esselstyn</i>	<i>Washburn</i>
3:30 PM	5:00 PM	Consultations with Dr. Esselstyn		<i>Washburn</i>
3:15 PM	5:30 PM	Free Time		
5:30 PM	6:30 PM	Live Cooking Demo	<i>Jane Esselstyn & Ann Esselstyn</i>	<i>Robertson #2</i>
6:30 PM	7:30 PM	Plant-Strong Dinner		<i>Blue Ridge Center</i>
7:30 PM	9:00 PM	Movie Night - Popcorn Sampler		<i>Washburn</i>
Wednesday June 12		Activity / Lecture - Day 3	Speaker	Meeting Room
6:30 AM	6:45 AM	Morning Check-Ins	<i>Engine 2 Team</i>	<i>Blue Ridge Center</i>
7:00 AM	8:00 AM	Yoga / Morning Walk / E2X / Swim	<i>Engine 2 Team</i>	<i>Various Locations</i>
8:00 AM	9:00 AM	Plant-Strong Breakfast		<i>Blue Ridge Center</i>
9:00 AM	9:10 AM	Good Morning - Good News		<i>Washburn</i>
9:10 AM	10:00 AM	Prevent & Reverse Heart Disease II	<i>Dr. Caldwell B. Esselstyn, Jr.</i>	<i>Washburn</i>
10:00 AM	10:10 AM	Break		
10:10 AM	11:00 AM	What to Eat, What to Buy, How to Cook It	<i>Ann Esselstyn</i>	<i>Washburn</i>
11:00 AM	11:10 AM	Break		
11:10 AM	11:30 AM	Q & A	<i>Dr. Esselstyn & Ann Esselstyn</i>	<i>Washburn</i>
11:30 AM	12:30 PM	Why Every Bite Matters	<i>Dr. Michael Klaper</i>	<i>Washburn</i>
12:30 PM	1:30 PM	Plant-Strong Lunch		<i>Blue Ridge Center</i>
1:30 PM	2:15 PM	From Pills to Plants: My Story	<i>Adam Sud</i>	<i>Washburn</i>
2:15 PM	2:25 PM	Break		
2:25 PM	3:15 PM	Label Reading	<i>Rip Esselstyn</i>	<i>Washburn</i>
3:30 PM	5:30 PM	Consultations with Drs. Esselstyn & Klaper		<i>Washburn</i>
3:30 PM	6:00 PM	Ropes Course		
6:00 PM	6:30 PM	Make Your Own - Dr. Seuss Polenta	<i>Jane Esselstyn & Ann Esselstyn</i>	<i>Robertson #2</i>
6:30 PM	7:30 PM	Plant-Strong Dinner		<i>Blue Ridge Center</i>
7:30 PM	9:00 PM	Plant-Strong Jeopardy & Star-Gazing	<i>Rip Esselstyn & Dr. Klaper</i>	<i>Washburn</i>

Thursday June 13		Activity / Lecture - Day 4	Speaker	Meeting Room
6:30 AM	6:45 AM	Morning Check-Ins	<i>Engine 2 Team</i>	<i>Blue Ridge Center</i>
7:00 AM	8:00 AM	Yoga / Morning Walk / E2X / Swim	<i>Engine 2 Team</i>	<i>Various Locations</i>
8:00 AM	9:00 AM	Plant-Strong Breakfast		<i>Blue Ridge Center</i>
9:00 AM	9:10 AM	Good Morning - Good News	<i>Rip Esselstyn</i>	<i>Washburn</i>
9:10 AM	9:30 AM	Do Now: Pantry List - Get it / Shed it	<i>Brian Hart</i>	<i>Washburn</i>
9:30 AM	10:25 AM	Digestion & Nutrition: Making Sense of What We Eat	<i>Dr. Michael Klaper</i>	<i>Washburn</i>
10:25 AM	10:35 AM	Break		
10:35 AM	11:30 AM	Plant-Strong Benefits: Below the Belt	<i>Jane Esselstyn, RN</i>	<i>Washburn</i>
11:30 AM	11:40 AM	Break		
11:40 AM	12:30 PM	Build a Bowl Strategy Exercise	<i>Brian Hart & Rip Esselstyn</i>	<i>Washburn</i>
12:30 PM	1:30 PM	Plant-Strong Lunch		<i>Blue Ridge Center</i>
1:30 PM	2:20 PM	Make Food Thy Medicine - Deliciously!	<i>Dr. Michael Klaper</i>	<i>Washburn</i>
2:20 PM	2:30 PM	Break		
2:30 PM	3:15 PM	Proteinaholic	<i>Dr. Garth Davis</i>	<i>Washburn</i>
3:30 PM	6:00 PM	Ropes Course		
6:00 PM	6:30 PM	Make Your Own Nori Demo	<i>Jane Esselstyn & Ann Esselstyn</i>	<i>Robertson #2</i>
6:30 PM	7:30 PM	Plant-Strong Dinner		<i>Blue Ridge Center</i>
8:00 PM	9:00 PM	Talent Show		<i>Washburn</i>
9:00 PM	10:00 PM	Campfire		<i>Blue Ridge Center</i>
Friday June 14		Activity/Lecture - Day 5	Speaker	Meeting Room
6:00 AM	7:30 AM	Biometric Screenings	<i>Engine 2 Medical Team</i>	<i>Washburn</i>
7:30 AM	8:15 AM	Plant-Strong Breakfast		<i>Blue Ridge Center</i>
8:15 AM	8:30 AM	Circle Up & Group Photo		<i>Eureka Hall Steps</i>
8:30 AM	9:30 AM	Men's & Women's Breakout Sessions	<i>Engine 2 Team</i>	<i>Washburn & Robertson</i>
9:30 AM	9:40 AM	Break		
9:40 AM	11:45 AM	Hope & Graduation & Yonanas!	<i>Rip Esselstyn</i>	<i>Washburn</i>
11:45 AM		Plant-Strong Sack Lunch & Departure		

Free Time Options		Activity	Speaker	Meeting Room
TUESDAY				
3:30 PM	5:00 PM	Physician Consultations	<i>Dr. Esselstyn</i>	<i>Washburn</i>
3:30 PM	5:00 PM	Walk with a Therapist	<i>Kristen Turner</i>	<i>Blue Ridge Center</i>
3:30 PM	4:30 PM	Restorative Yoga	<i>Sheron Foster</i>	<i>Washburn</i>
3:30 PM	5:00 PM	Black Mountain Hike	<i>Engine 2 Staff</i>	<i>Meet at Blue Ridge Center</i>

WEDNESDAY				
3:30 PM	5:00 PM	Physician Consultations	<i>Drs. Esselstyn & Klaper</i>	<i>Washburn</i>
3:30 PM	5:00 PM	Walk with a Therapist	<i>Kristen Turner</i>	<i>Blue Ridge Center</i>
3:30 PM	4:30 PM	Restorative Yoga	<i>Sheron Foster</i>	<i>Washburn</i>
3:30 PM	5:30 PM	Black Mountain Hike	<i>Engine 2 Staff</i>	<i>Meet at Blue Ridge Center</i>
3:30 PM	5:45 PM	Ropes Course	<i>Blue Ridge Assembly Staff</i>	<i>Meet at Blue Ridge Center</i>
3:30 PM	6:00 PM	Chair Massage Available	<i>Black Mountain Massage</i>	<i>Washburn</i>

THURSDAY				
3:30 PM	5:00 PM	Physician Consultations	<i>Drs. Esselstyn & Klaper</i>	<i>Washburn</i>
3:30 PM	4:30 PM	Restorative Yoga	<i>Sheron Foster</i>	<i>Washburn</i>
3:30 PM	5:30 PM	Black Mountain Hike	<i>Engine 2 Staff</i>	<i>Meet at Blue Ridge Center</i>
3:30 PM	5:45 PM	Ropes Course	<i>Blue Ridge Assembly Staff</i>	<i>Meet at Blue Ridge Center</i>
3:30 PM	6:00 PM	Chair Massage Available	<i>Black Mountain Massage</i>	<i>Washburn</i>