

Day 1: Wednesday, November 2

1:30 pm	<i>Registration begins</i>
5:30-7:00 pm	<i>Dinner</i>
7:30–9:00 pm	Welcome to Food As Medicine: Nutrition & the Art of Self-Care <i>Jim Gordon, MD & Kathie Madonna Swift, MS, RDN, LDN, FAND</i>

Day 2: Thursday, November 3

7:00-8:00 am	<i>Breakfast</i>
8:30–8:45 am	Announcements & Meditation
8:45–9:45 am	Ancestral Wisdom and Nutrition Today <i>John Bagnulo, MPH, PhD</i>
9:45–10:00 am	<i>Break</i>
10:00–11:00 am	DISH up Health: A Nutritional Systems Approach <i>Cindy Geyer, MD</i>
11:00–11:15 am	<i>Break</i>
11:15 am–12:15 pm	Understanding Hormones: Just the Basics <i>Joel Evans, MD</i>
12:15–1:45 pm	<i>Lunch</i> <i>Optional: Cooking Class with Jeremy Rock Smith, Kripalu Executive Chef</i> <i>[Registration required; FAMW-161:THU-PM-01]</i>
1:45–2:45 pm	Prenatal Care: Window of Opportunity <i>Aviva Romm, MD</i>
2:45–3:00 pm	<i>Break</i>
3:00–4:00 pm	Vitamins for Women's Health <i>John Bagnulo, MPH, PhD</i>
4:00–4:15 pm	<i>Break</i>
4:15–5:00 pm	Faculty Q & A
5:30–7:00 pm	<i>Dinner</i>

Day 3: Friday, November 4

7:00–8:30 am	<i>Breakfast</i>
8:30–8:45 am	Announcements & Meditation
8:45–9:45 am	Gut Bliss <i>Robynne Chutkan, MD</i>
9:45–10:00 am	<i>Break</i>
10:00–11:00 am	Nutrition Rx for Gut Health & Healing <i>Robynne Chutkan, MD</i>
11:00–11:30 am	<i>Break</i>
11:30 am–12:00 pm	Mindful Eating Experience <i>Jim Gordon, MD</i>
12:00–1:30 pm	<i>Lunch</i> <i>Optional: Cooking Class with Jeremy Rock Smith, Kripalu Executive Chef</i> <i>[Registration required; FAMW-161: FRI-PM-01]</i>
1:30–2:30 pm	Women and Autoimmunity <i>Susan Blum, MD</i>
2:30–2:40 pm	<i>Break</i>
2:40–3:20 pm	Mind-Body Experience <i>Jim Gordon, MD</i>
3:20–3:30 pm	<i>Break</i>
3:30–4:30 pm	Tired All the Time: Adrenal and Thyroid Health <i>Aviva Romm, MD</i>
4:30–5:00 pm	Faculty Q & A
5:30–6:00 pm	Faculty Book Signing <i>Kripalu Café</i>
5:30–7:30 pm	<i>Dinner</i>
7:30–9:00 pm	“Saturday Night Live” Food Demo <i>Jeremy Rock Smith, Kripalu Executive Chef</i> <i>[Registration required; FAMW-161:FRI-PM-02]</i>

Day 4: Saturday, November 5

7:00–8:30 am	<i>Breakfast</i>
8:30–8:45 am	Announcements & Meditation
8:45–9:45 am	Cancer and Nutrition <i>Elizabeth Boham MD, RDN</i>
9:45–10:00 am	<i>Break</i>
10:00–11:00 am	Body Talk: Hair, Skin, Nails & More <i>Kathie Madonna Swift MS, RDN, LDN, FAND</i>
11:00–11:15 am	<i>Break</i>
11:15 am–12:15 pm	Our Children, Our Selves <i>Maya Shetreat-Klein, MD</i>
12:15–1:45 pm	<i>Lunch</i> <i>Optional: Cooking Class with Jeremy Rock Smith, Kripalu Executive Chef</i> <i>[Registration required; FAMW-161: SAT-PM-01]</i>
1:45–2:45 pm	Popular Diets: Trends and Truths <i>Kathie Madonna Swift MS, RDN, LDN, FAND</i>
2:45–3:00 pm	<i>Break</i>
3:00–4:00 pm	Vitamin Zzzz's: Women and Sleep <i>Cindy Geyer, MD</i>
4:00–5:00 pm	Faculty Q & A
5:00–7:30 pm	<i>Dinner</i>
7:30–9:00 pm	"Saturday Night Live" Food Demo <i>Jeremy Rock Smith, Kripalu Executive Chef</i> <i>[Registration required; FAMW-161:SAT-PM-02]</i>

Day 5: Sunday, November 6

7:00–8:30 am	<i>Breakfast</i>
8:30–8:45 am	Announcements and Meditation
8:45–9:45 am	Creating a Personalized Plan for Optimal Health: Part 1 <i>Cindy Geyer, MD</i>
9:45–10:00 am	<i>Break</i>
10:00–10:45 am	Creating a Personalized Plan for Optimal Health: Part 2 <i>Kathie Madonna Swift, MS, RDN, LDN, FAND</i>
10:45–11:00 am	<i>Break</i>
11:00 am–12:00 pm	Integrating FAM in your Life and Practice! FAM Faculty
12:00–1:30 pm	<i>Lunch</i>

Farewell!