



PEACEFUL PLANET FOUNDATION

Fostering Peace Health & Wellness

Personal Schedule for Nancy Jacobs

8AM-8:45AM: Check-in and Breakfast -- **Foyer**

9AM-9:15AM: Welcome and Introduction, Danielle Vann -- **Auditorium**

9:15-10:15: First Session: Neal Barnard, MD

Keynote: Using Power Foods to Cause Rapid, Permanent Weight Loss - **Auditorium**

10:15-10:55 Second Session:

Auditorium: Victoria Moran - The Magical Mend Program

11:05-12:10 Third Session:

Rm EF: Plant-based Cooking Demo with Sakinah Omari and Jamile Thomas

12:10-12:50 **Plant-Based LUNCH -- Foyer**

12:50-01:55 Fourth Session:

Auditorium: 1. Suzanne Bruce, MD - Diet and Skin Health

2. P Mutha, MD - Role of the Microbiome in Gut Health

2:05-2:40 Fifth Session: **Rm CD:** Dr. Elaine Hess on Positive Health Behavior Change
"Reroute your Rut"

2:50-3:50 Sixth Session: Michael Greger, MD

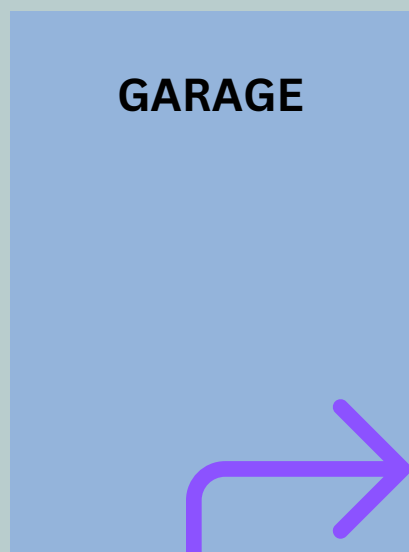
Keynote: How Not to Age - **Auditorium**



Waugh Drive

Feagin Street

Entrance to garage
is from Feagin St



Enter the event
space directly from
the garage



Helpful Tips for Retreat Day

Breakfast items and **Snacks** will be available for purchase from 8AM - 12PM

Complimentary **LUNCH**, you may choose from either of the 2 Bowls listed below:

- **Shroomami Bowl:** Spring mix/romaine, wild rice, warm portabello mix, roasted tofu, cucumbers, basil, and shredded cabbage with miso sesame ginger dressing
- **Hummus Crunch Bowl:** Baby spinach, wild rice, hummus, roasted chickpeas, cucumbers, tomatoes, red onions, and olives with spicy cashew dressing

Bring your **WATER BOTTLE**. We will have infused water available for you.

COMPLETE RETREAT PROGRAM 2024

8:05-8:45 **Registration** - Foyer: Breakfast, Tea & Snacks available for purchase

9AM-9:15 **Welcome and Introduction** - Main Auditorium DV

9:15-10:15 **First Session: Keynote** – Neal Barnard, MD. Power Foods for Weight Loss

10:15-10:55 **Second Session:** 3 Options: Attend the option on your personalized schedule.

A. Auditorium: Victoria Moran - The Magical Mend Program

B. Room CD: Senly Fox - Beginner Hatha Yoga

C. Room EF: Dola Young, Lisa Arnold - Paving your Plant-based Pathway

11:05-12:10 **Third Session:** 3 Options: Attend the option on your personalized schedule.

A. Auditorium: 1. Nehal Parikh MD - Raising Healthy Plant-based Kids

2. Rizwan Bukhari, MD - Cardiovascular Disease

B. Rm CD: Katie Van Hooser - Pranayama & Hatha Yoga

C. Room EF: Sakinah Omari & Jamile Thomas - Cooking Demo

12:10-12:50P **Foyer - Plant Based Lunch**

12:50-1:55P **Fourth Session:** 3 Options: Attend the option on your personalized schedule.

A. Auditorium: 1. Suzanne Bruce, MD - Diet and Skin Health

2. P Mutha, MD - Role of the Microbiome in Gut Health

B. Rm CD: 1. Ann Friedman, PhD - Your Mental Gym

2. Mita Shah & Anita Amit - Sleep and Self-care

C. Room EF: Janna Varughese - Cooking Demo-Plant Powered Perfection,
Crafting Nutrient Rich Dishes for Radiant Health

2:05-2:40P **Fifth Session** – 3 Options: Attend the option on your personalized schedule.

A. Auditorium: Andrea Link, MD - Fostering Community Wellbeing

B. Room CD: Celeste Bleu & Christy H - Feeding Kids & Families

C. Room EF: Elaine Hess, PhD - Reroute your Rut for Behavior Change

2:50-3:50P **Sixth Session: Keynote** – Michael Greger, MD - “How Not to Age”

3:50-4:05P Q&A with Michael Greger, MD

Learn More about the Presenters

Dr. Neal Barnard MD | Physician, Speaker, Author, President of PCRM. pcrm.org

Dr. Michael Greger MD | Physician, Speaker, Author. Founder of NutritionFacts.org

Victoria Moran | Writer, Speaker, Animal Advocate, Spiritual Adventurer. victoriamoran.com

Dr. Suzanne Bruce MD | Dermatologist, Texas Monthly Super Doctor. sba-skincare.com

Dr. Pritesh Mutha MD | Gastroenterologist, Co-Founder-Stress Academy. stressacademy.org

Dr. Nehal Parikh MD | Neonatologist, Professor. cincinnatichildrens.org/bio/p/nehhal-parikh

Dr. Andrea Link MD | Executive Director, Albert Schweitzer Fellowship of G & H. asfhg.org

Dr. Rizwan Bukhari MD | Vascular Surgeon, Speaker, Diplomat of ABLM. ntxvascular.com

Dr. Ann Friedman PhD | Psychologist, Certified Mindfulness Instructor. mindfulbeinghouston.com

Dr. Elaine Hess PhD | Psychologist, Educator. houstonhealthpsychology.com

Danielle Vann CBT | Author, Podcast Host, Get Your Life Together, Girl. danielleavann.com

Dola Young JD | Health Coach, Community Activist. **Lisa Arnold** | Pod Leader, Plant-based Advocate

Celeste Bleu | Vegan Advocate, Plant-based mom. **Christy H** | Plant-based Advocate and Mom

Katie Van Hooser RYT 500 | <https://www.yogaalliance.org/TeacherPublicProfile?tid=179272>

Senly Fox | Life Coach, Reiki Master, Publisher/Owner. strollmag.com/locations/tanglewood-houston-tx/

Mita Shah | ICF Coach, Speaker, Co-founder and COO, leadership4thefuture.com.

Anita Amit | Certified Yoga Instructor, Pod Leader in Frisco. [linkedin.com/in/anitaamit/](https://www.linkedin.com/in/anitaamit/)

Janna Varughese | Founder and Chef at Nourish Cooking Company. nourishcookingco.com

Sakinah Omari | Founder and Plant-based Chef at The Edgie Veggie. edgieveggiefood.com

Jamile Thomas | Plant-based body builder, Healthcare Coach, Certified Personal Trainer.

Bandana Chawla MD | Holistic Internal Medicine/Lifestyle Medicine Clinic. lifestyledocs.com



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RESOURCES

Nutrition:

Websites	Nutritionfacts.org (videos), pcrm.org, forksoverknives.com
Documentaries	Forks over Knives, What the Health, Game Changers
Books	How Not to Age, The Power Foods Diet, The China Study, UnDo It
Recipes	WFPB Cooking Show, Happy Herbivore, The Vegan8, The Plant Strong Kitchen, Vegan Richa, Rainbow Plant Life

Mindfulness:

Websites	Mindful.org, plumvillage.org, pemachodronfoundation.org
Books	Tao Te Ching, Power of Myth, Heal Thy Self
Apps	Calm, Headspace, 10% Happier, Insight Timer
Courses/next steps	mbsrtraining.com, shambala.com

Sustainability:

Websites	Climate Nexus, foodrevolution.org/blog/food-and-climate-change/
Documentaries	Cowspiracy, Jane Goodall: The Hope, Endgame 2050

Community:

Plantpurehouston.com, embeelifestyledocs.com

Resources from Peaceful Planet



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Would Like to Thank

Mr. Diedrico Van Eyl, Esquire

for his generous donation of \$1000 to
help make this retreat possible



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