



# SCHEDULE

## October 2, 2021

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9:00-9:05am	<b>Opening Video and Remarks</b>	Ken Beckman
9:05-9:25am	<b>Starting A Whole Food, Plant-Based Lifestyle Today</b>	Angelina Stovall-Amos, RD, LMNT
9:25-10:25am	<b>The Most Powerful Healing Tool That Most Doctors Ignore</b>	Michael Klaper, MD
10:25-10:45am	BREAK	
10:45-11:30am	<b>Hooked: My 10,000-Calorie A Day Habit and How I Broke It</b>	Chuck Carroll
11:30-11:45am	BREAK	
11:45am-1:00pm	LUNCH	
12:00-1:00pm	<b>Central Theme of a Whole Food Plant-Based Lifestyle</b>	T. Colin Campbell, PhD [via video]
1:00-1:20pm	BREAK	
1:20-2:05pm	<b>Becoming a Plant-Based Athlete</b>	Robert Cheeke
2:05-2:50pm	<b>How To Reverse Autoimmune Disease (Or Almost Any Disease) With Supermarket Foods</b>	Brooke Goldner, MD [via video]
2:50-3:10pm	BREAK	
3:10-4:25pm	<b>Cooking Whole Food Plant-Based Meals: A Practical Demonstration</b>	Melissa Sherlock
4:25-4:30pm	<b>Closing Remarks</b>	Melissa Sherlock

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