

# HEALTHFEST 2017

## HEALTHFEST 2017 SCHEDULE

FRIDAY • MARCH 31			
TIME	VENUE	TITLE	PRESENTER
3:00 p.m.	MCC	Registration Begins	
3:30 p.m.	MCC	Demos/Eating/Shopping	
5:00 p.m.	MCC	Announcements & Welcome	Ed Smith
5:15 p.m.	MCC	In Defense of a Vegan Diet: <i>Battling Alternative Facts</i>	Garth Davis, MD
5:30 p.m.	MCC	Staying Plant-Based for Life: <i>The Importance of Raw Foods</i>	Natalie Norman
5:45 p.m.	MCC	The Heart of the Matter for Your Health	Baxter Montgomery, MD
6:30 p.m.	MCC	Making the Trade: <i>Perceptions of Restriction in the Vegan Lifestyle</i>	Sid Garza-Hillman
6:45 p.m.	MCC	Surprise Celebrity Guest	
7:00 p.m.	MCC	Dr. McDougall's Color Picture Book on Food Poisoning	John McDougall, MD
8:30 p.m.	MCC	Closing Remarks & Book Signings	
SATURDAY • APRIL 1			
TIME	VENUE	TITLE	PRESENTER
6:00 a.m.	SMF	Morning Run	Josh LaJaunie
6:30 a.m.	CYF	Advanced Yoga	Tish Hudson
7:30 a.m.	VAC	Creating a Path Towards Exceptional Health: <i>Making the Transition to Plant Based Eating</i>	Craig McDougall, MD
8:30 a.m.	MMA	From Illness to Ironman: <i>How a Tumor Changed My Life!</i>	Adam Chaim
8:30 a.m.	VAC	Marketing Milk & Disease	John McDougall, MD
9:30 a.m.	CAN	The Power of Meal Planning: <i>A Blueprint for Health</i>	Mary McDougall
9:30 a.m.	VAC	Heart Failure	Baxter Montgomery, MD
9:30 a.m.	MMA	Athlete's Panel: <i>From Sofa to So Fit!</i>	A. Chaim, LaJaunie, Garza-Hillman, Davis & Jones
10:30 a.m.	CAN	Practical Methods for Getting Children (of any age) To Eat Plant-Based	Shoshana Chaim
10:30 a.m.	VAC	Marketing Milk & Disease	John McDougall, MD
10:30 a.m.	MMA	Vegan Fitness for Mortals	Ellen Jaffe Jones
11:30 a.m.	SMF	Zumba®	Shannon Johnson
11:30 a.m.	CYF	Beginners Yoga	Cindy McGeorge
12:15 p.m.	CYF	Advanced Yoga	Kim Runyan
12:15 p.m.	CAN	Beginning and Mastering Raw Foods for Life	Natalie Norman

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12:15 p.m.	VAC	Approaching the Natural: <i>A Small Step Approach to Health &amp; Happiness in the Modern World</i>	Sid Garza-Hillman
12:15 p.m.	SMF	Kids Dance Party	Shannon Johnson
12:15 p.m.	MMA	The Power of Identity	Josh LaJaunie
1:00 p.m.	CYF	Beginners Yoga	Joanie Billeaud
1:00 p.m.	SMF	Hoop Fitness	Malissa Watkins
2:00 p.m.	VAC	The Secrets To Ultimate Weight Loss	Chef AJ
2:00 p.m.	CAN	Shopping Smart & Eating Healthy	Miguel Bautista
2:00 p.m.	MMA	Plant-Based Addict: <i>My Journey from Pills to Plants</i>	Adam Sud
3:10 p.m.	HCH	Historic Courthouse Tour	Christina Anderson
3:15 p.m.	SMF	POUND® Cardio Jam Session	Jackie McDonald
4:00 p.m.	VAC	Proteinaholic	Garth Davis, MD
4:00 p.m.	CAN	Finish Without Injury Achieving Your Fitness Goals	Ellen Jaffe Jones
5:15 p.m.	SMF	STRONG by Zumba™	Andrea Ivins
5:15 p.m.	CYF	Kundalini Core Class	Lori Barber
6:00 p.m.	PZV	Tuscany Meets Texas – Wine & Cheese Tasting	Pazzo Vino   E+L
7:00 p.m.	SMF	Spice It Up	Shannon Johnson

### SUNDAY • APRIL 2

TIME	VENUE	TITLE	PRESENTER
8:00 a.m.	SMF	5K/10K Race & 1 Mile Walk	Josh LaJaunie
8:00 a.m.	CYF	Guided Meditation	Cindy McGeorge
9:00 a.m.	SMF	Just Stretch	Shannon Johnson
9:00 a.m.	VAC	Hot Flash! <i>Plants That Cool Women's Health Issues</i>	Linda Carney, MD
9:00 a.m.	CAN	Plant-Based Business Success in 2017	Stephanie Redcross
10:00 a.m.	CAN	Athlete's Panel: <i>Speed, Strength, Power &amp; Performance</i>	A. Chaim, LaJaunie, Garza-Hillman, Davis & Jones
10:00 a.m.	SMF	Kids Yoga Fun!	Shoshana Chaim
10:00 a.m.	VAC	Health Care of The Future Today	Baxter Montgomery, MD
11:00 a.m.	CAN	Es Urgente Alimentarnos Diferente (In Spanish)	Sofia Pineda Ochoa, MD
Noon	CAN	Compras Inteligentes Y Comer Sano (In Spanish)	Chef Miguel Bautista
Noon	VAC	The Political Animal: <i>An Inside Look at Lobbying for Animals at the Federal, State &amp; Local Level</i>	Katie Jarl
2:00 p.m.	VAC	Iron Chef Competition	Various Participants
2:00 p.m.	CAN	Lifestyle Secrets for Mental & Emotional Health	Linda Carney, MD
3:00 p.m.	VAC	All Star Q&A <small>Take this opportunity to get your questions answered by some of the world's leading experts in health and nutrition. To submit a question write it down and hand it to an event organizer.</small>	Various Participants

**(MCC) Marshall Convention Center** - 2501 E. End Blvd. S.

**(SMF) Shake & Move Fitness** - 315 E. Houston St.

**(CYF) Core Yoga & Fitness** - 207 N. Washington Ave.

**(VAC) The Visual Arts Center** - 208 E. Burseson St.

**(CAN) Candelaria** - 111 E. Houston St.

**(MMA) The Michelson Museum** - 216 N. Bolivar St.

**(HCH) Historic Courthouse** - 200 W. Houston St.

**(PZV) Pazzo Vino | E+L** - 205 N. Washington Ave.