

Gift of Health Workshop Agenda

Day 1 - 3:00 p.m. - 8:00 p.m.

3:00 – 3:30 pm	Registration	Main Hall entrance
3:30 – 4:00 pm	Introductions Welcome, Goals of Meeting	Arjun Rayapudi Shobha Rayapudi
4:00 – 5:00 pm	Prevailing Management and Solutions: Obesity, Diabetes, Hypertension, Heart Disease	Arjun Rayapudi
5:00 – 5:15 pm	Q&A session	
5:15 – 6:00 pm	Dinner	Main Hall
6:00 – 7:30 pm	Movie	
7:30 – 8:00 pm	4 leaf form filling Q&A session	
8:00 pm	End	

Day 2 – 8:00 a.m. - 6:30 p.m.

8:00 – 8:45 am	Breakfast	Main Hall
8:45 – 10:15 am	Common Nutritional Myths	Arjun Rayapudi
10:15 – 11:00 am	Workshop: Fiber	Arjun, Shobha
11:00 – 11:15 am	Break	
11:15 – 12:15 pm	How to Transition to Plant Based Diet	Shobha Rayapudi
12:15 – 1:15 pm	Lunch	Main Hall
1:15 – 2:15 pm	Workshop: How to Read a Food Label	Arjun, Shobha
2:15 – 3:00 pm	My Plant Based Journey	
3:00 – 3:15 pm	Break	
3:15 – 4:15 pm	Workshop: Plant-based foods	Shobha
4:15 – 5:15 pm	Meal plans: Planning Lunches, Supper and Snacks	Shobha

5:15 – 6:00 pm	Dinner	Main Hall
6:00 – 6:30 pm	MOVIE	
6:30 pm	End	

Day 3 – 8:00 a.m. - 4:00 p.m.

8:00 – 8:45 am	Breakfast	Main Hall
8:45 – 9:45 am	Q&A session	
9:45 – 12:30 pm	Cooking demonstration	Shobha, Arjun, Marie
12:30 – 1:00 pm	Menu Planning	Arjun, Shobha
1:00 – 1:45 pm	Lunch	Main Hall
1:45 – 2:00 pm	Feedback	
2:00 – 3:15 pm	HOW TO SHOP	
3:15 – 4:00 pm	Tips for Dining out	
4:00 pm	End	

* Schedule is subject to change and improvement