

PAH Retreat 2017 Schedule

Day	Time	Presenter	Topic	Location
Thursday	8:00-8:30	Darryl Edwards, MSc	Primal Play Method: Animal Moves (Movement session)	Outside
	8:30-9:30	Breakfast		
	9:15-10:00	Polina Sayess, MD	President's address and business stuff - group introductions	Inside
	10:00-10:45	Amber O'Hearn, MSc	Ketogenic Diets, Calorie Restriction, and Hormones	
	10:45-11:00	Break		Inside
	11:00-11:30	Felice Gersh, MD	Periodic Fasting: Awakening Rejuvenation From Within	Inside
	11:35-12:15		Fasting panel: Felice, Deborah, Amber. Moderator - Darryl	
	12:15-12:30	Darryl Edwards, MSc	Primal Play Method: Isometric and Dynamic Tension (Movement session)	Outside
	12:30- 1:45	Lunch		
	1:45- 2:10	Tony Federico, BSc	Connecting with Patients in the Digital Age - Why Blogging, Podcasting, and Social Media are Important Tools for Healthcare Practitioners	Inside
	2:15- 3:15	Mark Cucuzzella, MD	Keynote Address: The Medical Home's Backyard-A Place to Create Change.	Inside
	3:15- 3:30	Break		
	3:30- 4:10	Ivor Cummins, BE(Chem) CEng MIEI	Roads to Ruin? The Pathways and Implications of Insulin Resistance	Inside
4:15- 5:00	Charlie Hudson	The Ancestral Significance of Dance (includes a movement session)	Inside -> Outside	
Friday	7:00- 7:45	Mark Cucuzzella, MD	Art and Science of Barefoot Running.	Outside
	7:30- 8:30	Breakfast		
	8:30- 8:55	Jasmine Moghissi, MD	Cardiovascular Risk Modification Through Diet Tutorial and Case Studies	Inside
	9:00- 9:45		Lipid testing panel: Jasmine, Ivor, Felice, Jeff (Bob via video link). Moderator - Georgia	
	9:45-10:00	Break		
	10:00-10:25	Polina Sayess, MD	Change Talk: Motivational Interviewing in Urgent Care and Beyond	Inside
	10:30-11:15	Darryl Edwards, MSc	The Case for Physical Activity	Inside
	11:15-11:45	Darryl Edwards, MSc	Primal Play Method: Group Payout (Movement session)	Outside
	11:45- 1:30	Lunch		
	1:30- 2:10	Georgia Ede, MD	WHO Says Meat Causes Cancer?	Inside
	2:15- 3:15	Ron Rosedale, MD	Keynote Address: The Intimate Connection Between Cancer, Aging, Protein and TOR	Inside
	3:15- 3:30	Break		
	3:30- 4:10	C. Rick Henriksen, MD, MPP	Phytotherapy: The Rational Use of Plants	
4:15- 4:30	Darryl Edwards, MSc	Primal Play Method: Primal Intensity (Movement session)	Outside	
4:30- 5:30	PAH Board	PAH Annual General Meeting	Inside	
Saturday	7:00- 7:30	Darryl Edwards, MSc	Primal Play Method: Group Payout	Outside
	7:30- 8:15	Breakfast		
	8:15- 8:45	Stephanie Welch	Not So Vestigial: The Anatomy and Functions of Male Foreskin	Inside
	8:45- 9:15	Deborah Gordon, MD	Fine Tuning Bredesen's Protocol	Inside
	9:15- 9:30	Break		
	09:30-10:00	Raj Nayar, MBA, MD candidate	Entrepreneurship 101: Advance Your Career or Practice	Inside
	10:00-10:20	Josh Turknnett, MD	How to Win at Angry Birds: Towards a More Effective Practice Model	Inside
	10:20-10:55	Panel discussion	Practice types. Josh, Deborah, Mark, Mikhail, Raj, (Bob via video link). Moderator - Polina	Inside
	11:00-12:00	PAH Member meeting		
	12:00- 1:00	Lunch and wrap-up		