

TRUTH, SCIENCE & SYSTEMS

MC: DR. DREW PINSKY

6:00AM

OPTIONAL BEACH WORKOUT

ACADEMY STAFF + EARLY RISERS

6:30AM
60MINS

SUNRISE MOVEMENT & RECOVERY

LED BY KENNY SANTUCCI FOLLOWED BY BREATHWORK WITH ARIANNE MASOTTI | GOLD TICKET HOLDERS | MIAMI BEACH

8:00AM

EXHIBITION AREA OPENS

8:30AM

WELCOME EXPERIENCE + REFLECTION WALL

"WHAT'S ONE LIE YOU WERE TOLD ABOUT HEALTH?"

9:00AM
60MINS

OPENING KEYNOTE

"UNBREAKABLE: RECLAIMING HEALTH FROM BROKEN SYSTEMS" – GREG GLASSMAN

10:00AM
30MINS

KEYNOTE

"MEDICINE, MEDIA & THE MISINFORMATION MACHINE" – DR. DREW PINSKY

10:30AM
25MINS

COFFEE & RECOVERY BREAK

10:55AM
45MINS

PANEL

"THE PRICE OF MISINFORMATION"

*schedule subject to change

11:40AM
30MINS

KEYNOTE

"MISINFORMATION IN MODERN HEALTHCARE: WHY PATIENTS LOSE" – DR. JAIME SEEMAN

12:10PM
75MINS

LUNCH & EXPERIENCE ACTIVATIONS

30 MINUTE SPEED CONVERSATIONS & OPTIONAL BREATHWORK RESET

1:25AM
30MINS

KEYNOTE

"CHOLESTEROL SCIENCE: WHAT'S BROKEN-AND WHAT ISN'T" – DAVE FELDMAN

2:00PM
30MINS

KEYNOTE

"CANCER AS A METABOLIC DISEASE" – PROF. THOMAS SEYFRIED

2:30PM
25MINS

COFFEE & RECOVERY BREAK

3:00PM
45MINS

PANEL

"THE FUTURE OF COMMUNITY FITNESS & HEALTH"

4:15PM
45MINS

CLOSING PANEL

"WHAT'S BROKEN—AND WHAT COMES NEXT"

5:00PM

END OF DAY 1

APPLICATION, COMMUNITY & THE FUTURE

MC: DR. DREW PINSKY

7:00AM
60MINS

SUNRISE MOVEMENT

LED BY KENNY SANTUCCI | GOLD TICKET HOLDERS

8:00AM

EXHIBITION AREA OPENS

8:30AM

WELCOME EXPERIENCE & ICEBREAKER WALL

"I'M UNBREAKABLE BECAUSE..."

9:00AM
30MINS

OPENING KEYNOTE

"FROM TRUTH TO ACTION: APPLYING WHAT WE KNOW" – EMILY KAPLAN

9:30AM
30MINS

KEYNOTE

"THE TRUTH ABOUT HEALTH & LONGEVITY: WHAT ACTUALLY MOVES THE NEEDLE" – MARK SISSON

10:00AM
30MINS

KEYNOTE

TBD

10:30AM
30MINS

COFFEE & CONNECTION BREAK

11:00AM
45MINS

BREAKOUT PANELS

"PEPTIDES— HYPE VS. EVIDENCE"

APPLICATION, COMMUNITY & THE FUTURE

MC: DR. DREW PINSKY

11:45AM
30MINS

KEYNOTE

“CHRONIC PAIN & INJURY PREVENTION STARTS WITH PEACE & LOVE” – LINDSEY HUGHEY

12:15PM
75MINS

LUNCH & ACTIVATIONS

30 MINUTE SPEED CONVERSATIONS & HEALTH ACTIVATION

1:45PM
45MINS

PANEL

“WHAT IS METFIX?”

3:00PM
45MINS

PANEL

“TRENDS SHAPING THE FUTURE OF HEALTH”

3:45PM
30MINS

KEYNOTE

“TRENDS IN HEALTH” – EDDIE HERTZMAN

4:15PM
45MINS

CLOSING REMARKS

5:00PM

END OF DAY 2

7:00PM

WRAP PARTY