

Caribbean Retreat Itinerary *October 18-25, 2025*



Day 1 *Saturday, October 18*

2:00 – 6:00 PM	Registration
6:00 – 7:30 PM	Dinner
8:00 – 9:00 PM	Reception (Getting to Know Each Other)

Day 2 *Sunday, October 19*

6:15 – 7:30 AM	Morning Movement (Beach Yoga, Walk on Playa Grande, Early morning swim)
7:30 – 8:45 AM	Breakfast
9:00 – 9:15 AM	Dr. T. Colin Campbell: "Welcome"
9:15 – 10:30 AM	Dr. Laurie Marbas "The ABC's of a WFPB Lifestyle; Why Eat this Way and What is it?"
10:30 – 10:45 AM	Break
10:45 – 12:00 PM	Dr. Ron Weiss "A Cardiovascular Approach to your Health" Break
12:00 -1:30 PM	Lunch
1:00-4:30 PM	Siesta
4:30 - 5:00 PM	Dr. LeAnne Campbell "What is a WFPB Kitchen"
5:00 - 5:45 PM	Q&A with medical team
5:45 - 7:15 PM	Dinner
7:30 PM	"Foods of the Caribbean"

Day 3 *Monday, October 20*

6:15 – 7:30 AM	Morning Movement (Beach Yoga, Walk on Playa Grande, Early morning swim)
7:30 – 8:45 AM	Breakfast
9:00 – 10:30 AM	Dr. Ron Weiss: "What's Your Gut Got to With It?"
10:30– 10:40 AM	Break
10:40 – 12:00 PM	Dr. Lauri Marbas: "Women's Health: Osteoporosis, Menopause and Diet"
12:00 – 1:30 PM	Lunch
1:00 – 4:30 PM	Siesta and Excursions
4:30 – 5:00 PM	Dr. Evelisse Capo "Setting Up My Kitchen: Part 1"
5:00 – 5:45 PM	Q&A with medical team
5:45 – 7:15 PM	Dinner
7:30 PM	Movie Screening: "Forks Over Knives"

Day 4 *Tuesday, October 21*

6:15 – 7:30 AM	Morning Movement (Beach Yoga, Walk on Playa Grande, Early morning swim)
7:30 – 8:45 AM	Breakfast
9:00 – 10:30 AM	Dr. Thomas Campbell: "The Latest Research on Diet, Breast Cancer, and Diabetes"
10:30 - 10:45 AM	Break
10:45 – 12:00 PM	Sheila Connor: "Lifestyle practices promoting optimal health: sleep, exercise, stress management, and more."
12:00-1:30 PM	Lunch
1:00 – 4:30 PM	Siesta and Excursions
4:30 – 5:00 PM	Dr. Evelisse Capo "Setting Up My Kitchen: Part 2"
5:00 – 5:45 PM	Q&A with medical team
5:45-7:15 PM	Dinner
7:30 PM	Guided Beach Meditation with Sheila Conner



Day 5 Wednesday, October 22

6:15 – 7:30 AM	Morning Movement (Beach Yoga, Walk on Playa Grande, Early morning swim)
7:30 – 8:45 AM	Breakfast
9:00 – 10:15 AM	Dianne and Pat Doyle: "Sharing successes, struggles, and challenges and how to build community around food."
10:15 – 10:30 AM	Break
10:30 – 12:00 AM	Dr. Lauri Marbas: "Breaking Old Habits; Creating New Habits."
12:00-1:30 PM	Lunch
1:00 – 4:30 PM	Siesta and Excursions
4:30 – 5:00 PM	Dr. Evelisse Capo "Creating Flavor without Oil and Cheese"
5:00-5:45 PM	Q&A with medical team
5:45-7:15 PM	Dinner
7:30 PM	"All About CNS" with LeAnne, Steven, and Evelisse.

Day 6 Thursday, October 23

6:15 – 7:30 AM	Morning Movement (Beach Yoga, Walk on Playa Grande, Early morning swim)
7:30 – 8:45 AM	Breakfast
9:00 – 10:30 AM	Dr. Ron Weiss: "Protecting My Health Against Environmental Hazards"
10:30 – 10:45 AM	Break
10:45 – 12:00 PM	Dr. Evelisse Capo: "Next Steps: Setting Yourself Up for Success: travel, eating out, and parties."
12:00-1:30 PM	Lunch
1:30 – 4:30 PM	Siesta and Excursions
4:30 – 5:00 PM	Dianne and Pat Doyle "Bowls, Jars, and More: Make It Simple."
5:00-5:45 PM	Q&A with medical team
5:45-7:15 PM	Dinner
7:30 PM	Movie Screening: "Eating For Tomorrow" (short version)

Day 7 Friday, October 24

6:15 – 7:30 AM	Morning Movement (Beach Yoga, Walk on Playa Grande, Early morning swim)
7:30 – 8:45 AM	Breakfast
9:00 – 10:40 AM	Dr. LeAnne Campbell: "A Dominican Case Study on Land System Change"
10:40 – 10:50 AM	Break
10:50 – 12:00 PM	Steven Disla: "A Global Overview on Food and Sustainability"
12:00 – 1:30 PM	Lunch
1:30 – 4:30 PM	Siesta
4:30 – 5:45 PM	Films "How Trees Create Water", "Syntropic Agroforestry", "Lessons of the Loess Plateau"
5:45 – 7:15 PM	Dinner
7:30 PM	Bringing it Home

Day 8 Saturday, October 25

7:30 – 9:00 AM	Breakfast
9:00 – 10:00 AM	Closing Remarks (Presenters/Team)
11:00 AM	Check Out

**The content and timing reflected in this schedule is
subject to change up to, and during the week, of the retreat
as necessary.*