

**Immersion Program, Yarra Valley  
May 2022**



Draft NB This program is subject to change

<b>SUNDAY 8th</b>		<b>Who</b>	<b>Location</b>
3:00 – 5:00 pm	Check-in		Reception
3:15 – 5:00 pm	Consultations with Dr Mackay or with dietitian Peter (confirmed day prior)	Malcolm Peter	Front office Meet in front lobby
5:00 – 6:00 pm	Meet and greet: tour of facilities & pre-dinner snacks	All	Dining room
6:00 pm	<b>Dinner</b>	Julia & Klig	<b>Dining room</b>
6:30 – 7:30 pm	Introduction to the immersion week	Caroline/ Jenny/ Malcolm/ Peter/ Julia	Conference room
7:30 – 8:30 pm	Group introductions	All	Conference room
<b>MONDAY 9th</b>			
6:30 – 7:30 am	Morning walk		Meet in conference room for warm up
8:00 – 9:00 am	<b>Breakfast</b>		Dining room
9:15 – 11:15 am	Introduction to lifestyle medicine & plant-based nutrition	Malcolm	Conference room
	Morning tea		
11:30 – 12:30 pm	Principles of optimal nutrition	Peter & Jenny	Conference room
12:30 pm	<b>Lunch</b>		Dining room
2:00 – 4:00 pm	Goals & hopes; Q&A topics; Making it work: practical tips	Malcolm, Peter & Jenny	Conference room
4:00 – 5:00 pm	Consultations	Malcolm Peter	Front office Counselling room
5:00 – 5:30 pm	Meditation	Caroline	Meditation room
6:00 pm	<b>Dinner</b>		Dining room
7:00 pm	Movie: Forks Over Knives		Conference room
<b>TUESDAY 10th</b>			
6:30 – 7:30 am	Morning activity: Yoga	Julia	Conference room
8:00 – 9:00 am	<b>Breakfast</b>		
9:15 – 11:15 am	The pleasure trap Weight management – calorie density	Peter Jenny	Conference room
11:30 – 12:30 pm	Cooking workshop	Julia	Dining room
	<b>Lunch</b>		
2:00 – 4:00 pm	Lifestyle: The importance of physical activity	Malcolm & Graham	Conference room
4:00 – 5:00 pm	Consultations	Malcolm Peter	Front office Counselling room
5:00 – 5:30 pm	Meditation	Caroline	Meditation room
6:00 pm	<b>Dinner</b>		
7:00 pm	Movie: Eating You Alive		Conference room

<b>WEDNESDAY 11th</b>			
6:30 – 7:30 am	Morning activity: exercise class	Graham	Conference room
8:00 – 9:00 am	<b>Breakfast</b>		
9:15 – 11:15 am	Treating disease with lifestyle medicine Part 1: Heart disease, Diabetes & Cancer	Malcolm & Peter	Conference room
11:30 – 12:30 pm	Cooking workshop	Julia	Dining room
12:30 pm	<b>Lunch</b>		
2:00 – 4:00 pm	Lifestyle: Sleep Making it work: Label reading; shopping	Peter Jenny	Conference room
4:00 – 5:00 pm	Consultations		
5:00 – 5:30 pm	Meditation	Caroline	Meditation room
6:00 pm	<b>Dinner</b>		
7:00 pm	Movie: The Big Fat Lie (NZ)		Conference room
<b>THURSDAY 12th</b>			
6:30 – 7:30 am	Morning activity: Yoga	Julia	Conference room
8:00 – 9:00 am	<b>Breakfast</b>		
9:15 – 11:15 am	Treating disease with lifestyle medicine Part 2: Women’s health, autoimmune disease, bone health	Peter & Malcolm	Conference room
11:30 – 12:30 pm	Creating a healthy gut microbiome	Peter & Malcolm	Conference room
12:30 pm	<b>Lunch</b>		
2:00 – 4:00 pm	Making it work: Nutrient tracking Lifestyle/Q&A: Alcohol; Caffeine	Jenny Malcolm	Conference room
4:00 – 5:00 pm	Consultations		
5:00 – 5:30 pm	Meditation	Caroline	Meditation room
6:00 pm	<b>Dinner</b>		
7:00 pm	Movie: to be decided		Conference room
<b>FRIDAY 13th</b>			
6:30 – 7:30 am	Morning activity: exercise class		Conference room
8:00 – 9:00 am	<b>Breakfast</b>		
9:15 – 11:15 am	Behaviour change	Malcolm & Jenny	Conference room
11:30 – 12:30 pm	Cooking workshop	Julia	Dining room
12:30 pm	<b>Lunch</b>		
2:00 – 4:00 pm	The Cram Circuit Making it work: Dealing with others, eating out etc	Doug Lisle video Jenny & Peter	
5:00 – 5:30 pm	Meditation	Caroline	Meditation room
6:00 pm	<b>Dinner</b>		
7:00 pm	Movie: to be decided		Conference room

<b>SATURDAY 14th</b>			
6:30 – 7:30 am	Morning activity: to be decided		Conference room
8:00 – 9:00 am	<b>Breakfast</b>		
9:15 – 10:45 am	Self Care: Building Emotional and Mental Wellbeing	Larisa	Conference room
11:00 – 12:30 pm	Guide to resources; WFPB approaches / controversies Q&A topics	Jenny Malcolm, Peter	Conference room
12:30	<b>Lunch</b>		
2:00 – 3:00 pm	How whole food plant-based do you need to be?	Malcolm	Conference room
3:00 – 4:00 pm	Key lessons / summary / next steps	Peter, Malcolm & Jenny	Conference room
5:00 – 5:30 pm	Meditation	Caroline	Meditation room
6:00 pm	<b>Dinner</b>		
7:00 pm	Movie: to be decided		
<b>SUNDAY 15th</b>			
6:30 – 7:30 am	Morning activity: to be decided		Conference room
8:00 – 9:00 am	<b>Breakfast</b>		
10:00 am	Check out		

**Making it work topics (i.e. practical tips) which are discussed each afternoon:**

- What we eat
- Label reading and shopping
- Eating out & travel
- Dealing with others
- Social support
- Nutrient tracking

**Q&A topics (examples) which are woven into the afternoon program according to interest:**

- Caffeine
- Alcohol
- Salt
- Soy
- Organic
- Raw vs cooked
- Fermented food
- Arsenic in rice