

**Immersion Program, Yarra Valley
October 2023**



NB This program is subject to change

SUNDAY 8th		Who	Location
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	Counselling room(s) Meet in dining room
5:00 – 6:00 pm	Meet and greet: tour of facilities & pre-dinner snacks	All	Dining room
6:00 pm	Dinner	Julia	Dining room
6:45 – 7:30 pm	Introduction to the immersion week	Morni/ Jenny/ Malcolm/ Peter/ Julia	Conference room
7:30 – 8:30 pm	Group introductions	All	Conference room
MONDAY 9th			
6:45 – 7:45 am	Morning walk		Meet in conference room for warm up
8:15 – 9:00 am	Breakfast		Dining room
9:15 – 11:15 am	Introduction to lifestyle medicine & plant-based nutrition	Malcolm	Conference room
	Morning tea		
11:45 – 12:45 pm	Principles of optimal nutrition	Jenny & Peter	Conference room
	Lunch		Dining room
2:00 – 4:00 pm	Goals & hopes; Q&A topics; Making it work: practical tips	Malcolm, Peter & Jenny	Conference room
4:00 – 5:30 pm	Consultations	Malcolm Peter	Counselling rooms - meet in dining room
5:30 – 6:00 pm	Meditation	Brahma Kumaris	Meditation room
6:15 pm	Dinner		Dining room
7:00 pm	Movie: Forks Over Knives		Conference room
TUESDAY 10th			
6:45 – 7:45 am	Morning activity: Yoga	Julia	Conference room
8:15 – 9:00 am	Breakfast		
9:15 – 11:15 am	The pleasure trap Weight management – calorie density	Peter Jenny	Conference room
11:45 – 12:45 pm	Cooking workshop	Julia	Dining room
	Lunch		
2:00 – 4:00 pm	Lifestyle: The importance of physical activity	Malcolm & Graham	Conference room
4:00 – 5:30 pm	Consultations	Malcolm Peter	Counselling rooms
5:30 – 6:00 pm	Meditation	Brahma Kumaris	Meditation room
6:15 pm	Dinner		
7:00 pm	Movie: Eating You Alive		Conference room

WEDNESDAY 11th			
6:45 – 7:45 am	Morning activity: exercise class	Graham	Conference room
8:15 – 9:00 am	Breakfast		
9:15 – 11:15 am	Treating disease with lifestyle medicine Part 1: Heart disease, Diabetes & Cancer	Malcolm & Peter	Conference room
	Morning tea		
11:45 – 12:45 pm	Cooking workshop	Julia	Dining room
	Lunch		
2:00 – 4:00 pm	Lifestyle: Sleep Making it work: Label reading; shopping	Peter Jenny	Conference room
4:00 – 5:30 pm	Consultations		
5:30 – 6:00 pm	Meditation		Meditation room
6:15 pm	Dinner		
7:00 pm	Movie: The Big Fat Lie (NZ)		Conference room
THURSDAY 12th			
6:45 – 7:45 am	Morning activity: Yoga	Julia	Conference room
8:15 – 9:00 am	Breakfast		
9:15 – 11:15 am	Creating a healthy gut microbiome Treating disease with lifestyle medicine Part 2: Autoimmune disease	Peter & Malcolm	Conference room
11:45 – 12:45 pm	Women's health, bone health, Q&A for all chronic diseases	Malcolm & Jenny	Conference room
	Lunch		
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		
5:30 – 6:00 pm	Meditation		Meditation room
6:15 pm	Dinner		
7:00 pm	Peter's environment talk		Conference room
FRIDAY 13th			
6:45 – 7:45 am	Morning activity: exercise class	Graham (Zoom)	Conference room
8:15 – 9:00 am	Breakfast		
9:15 – 11:15 am	Behaviour change	Malcolm & Jenny	Conference room
	Morning tea		
11:45 – 12:45 pm	Cooking workshop	Julia	Dining room
	Lunch		
2:00 – 4:00 pm	The Cram Circuit Making it work: Dealing with others, eating out etc	Doug Lisle video Jenny & Peter	
5:30 – 6:00 pm	Meditation		Meditation room
6:15 pm	Dinner		
7:00 pm	Movie: to be decided		Conference room

SATURDAY 14th			
6:45 – 7:45 am	Morning activity: yoga	Peter	Conference room
8:15 – 9:00 am	Breakfast		
9:15 – 10:45 am	Self-Care: Building Emotional and Mental Wellbeing	Larisa	Conference room
11:15 – 12:45 pm	Guide to resources; WFPB approaches / controversies Q&A topics	Jenny Malcolm, Peter	Conference room
	Lunch		
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
5:30 – 6:00 pm	Meditation		Meditation room
6:15 pm	Dinner		
7:00 pm	Movie or fireside chat (tbc)		
SUNDAY 15th			
6:45 – 7:45 am	Morning walk		Conference room
8:15 – 9:00 am	Breakfast		
10:00 am	Check out		Please place linen in laundry

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

- What we eat
- Label reading and shopping
- Eating out & travel
- Dealing with others
- Social support
- Concerns about nutrients

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

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