



# 2017 AGENDA

Please note that this agenda is a work-in-progress. It gets updated continually right up until the Summit.

## SUNDAY, OCTOBER 8, 2017 PRE-SUMMIT

9:00 am - 6:00 pm

Foyer, Ponce de Leon,  
The Breakers Palm Beach

**Summit Concierge & Registration Open**

### Morning

#### Living a Well Life Activities—On Your Own

Relax by the pool with old friends; walk on the beach with a first-time delegate; schedule a spa visit (GWS delegates receive a 30% discount); take a sight-seeing tour by bicycle—a Breakers tradition; or visit The Flagler Museum.

*Please see The Breakers concierge desk for more information.*

2:00 pm

Bus arrives back at  
The Breakers Palm Beach

#### Conclusion of Quintessential Miami: An Urban Retreat with a Miami Vibe

This is a tour of contrasts organized by Sallie Fraenkel of Body, Mind, Spirit Network: From silence and digital detoxing to sipping pisco sours and eating ceviche, to seeing some of the newest spa /wellness experiences in the Miami area to playing a little golf or doing Zumba, there is a little bit of everything in this Miami sampler. You have the option to have your urban retreat at the Mandarin Oriental for either one night or two. One thing is for sure – you will have some new and different experiences that are “quintessentially Miami!”

2:00 pm - 2:45 pm

Ideas Stage  
Ponce de Leon IV, V, VI

#### Meeting: For All Speakers, Presenters and Roundtable Participants

**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, U.S.

**Sue DePalma**, Producer, Global Wellness Summit, U.S.

**Susie Ellis**, Chairman & CEO, Global Wellness Summit, U.S.

**Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

#### 2017 GWS Co-Chairs:

**Prof. Gerry Bodeker, PhD**, Clinical Psychologist and Public Health Academic, Green Templeton College, University of Oxford, UK; Dept. of Epidemiology, Columbia University, New York, U.S.

**Maggie Hsu**, Adviser, Zappos.com, U.S.

**Clare Martorana**, Digital Service Expert, United States Digital Service, U.S.

2:45 pm – 5:00 pm  
Foyer, Ponce de Leon I, II, III

**Engage & Energize**  
Sponsored by Zeel Networks, Inc.  
Nutritious snacks and chair massages

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**CHOICE OF TWO OPTIONS:**

3:00 pm – 3:45 pm  
Ponce de Leon III

**Option 1 Knowledge Workshop**  
Sponsored by Universal Companies

*Self-Acceptance: The Origin of Wellness*

**G. Michael Pilcher, PhD**, CEO, ThriveWorks, U.S.  
**Philippe Therene**, Vice President, Equipment Sales, Universal Companies, U.S.

Introduced by **Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

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3:00 pm – 3:45 pm  
Ponce de Leon II

**Option 2 Knowledge Workshop**  
Sponsored by The Matrixx Power SuitCompany

*How Wearable Wellness Technology Improves Your Health & Performance*

**Calvin Stewart**, CEO & Founder, The Matrixx Power SuitCo. LLC, U.S.

Introduced by **Michelle Gamble**, Vice President, Global Business Development, Global Wellness Summit, U.S.

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**CHOICE OF TWO OPTIONS:**

4:00 pm – 4:45 pm  
Ponce de Leon III

**Option 1 Knowledge Workshop**  
Sponsored by Delos Living LLC

*The Wellness Home: The Intersection of Technology and Human Sustainability*

**Alfredo Carvajal**, President, Delos International & Signature Program, Delos Living LLC, U.S.  
**Whitney Gray, PhD**, Vice President, Delos Living LLC, U.S.

Introduced by **Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

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4:00 pm – 4:45 pm  
Ponce de Leon II

**Option 2 Knowledge Workshop**  
Sponsored by Wellness for Cancer & Biologique Recherche

*Reconstructing Self: When Skin Health, Beauty and Wellness are Disrupted*

**Julie Bach**, Executive Director, Wellness for Cancer, U.S.  
**Rupert Schmid**, Co-President, Biologique Recherche, France

Introduced by **Michelle Gamble**, Vice President, Global Business Development, Global Wellness Summit, U.S.

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**CHOICE OF TWO OPTIONS:**

**5:00 pm - 5:45 pm**  
Ponce de Leon III

**Option 1 Knowledge Workshop**  
Sponsored by Technogym

*Wellness, Travel & Technology: Connected for Success*

Introduced by **Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

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**5:00 pm - 5:45 pm**  
Ponce de Leon II

**Option 2 Knowledge Workshop**  
Sponsored by Aromatherapy Associates

*The Art of Living Well*

**Deborah Baker**, Vice President of Sales, North America, Aromatherapy Associates, U.S.  
**Tracey Woodward**, CEO, Aromatherapy Associates, UK

Introduced by **Michelle Gamble**, Vice President, Global Business Development, Global Wellness Summit, U.S.

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**5:45 pm - 6:30pm**  
Ponce de Leon I

**Meeting: All Press Delegates**

**Cassandra Cavanah**, Founder, Cavanah Communications, U.S.  
**Betsy Isroelit**, Founder, RBI Communications, U.S.  
**Beth McGroarty**, Director, Research and Public Relations, Global Wellness Summit, U.S.

*\*See the entire list of press delegates attending the Summit at the end of this agenda.*

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**6:00 pm - 6:30pm**  
Mediterranean Ballroom

**Meeting: All Initiative Chairs and Vice-Chairs of the Non-Profit Global Wellness Institute**

**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, U.S.  
**Susie Ellis**, Chairman & CEO, Global Wellness Summit, U.S.  
**Beatrice Hochegger**, Associate Manager, Events and Operations, Global Wellness Summit, U.S.

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**6:30 pm - 7:30pm**  
Mediterranean Ballroom

**Meeting: All Initiative Chairs and Vice-Chairs of the Non-Profit Global Wellness Institute with their Committee Members**

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**7:00 pm - 7:30 pm**

Ideas Stage  
Ponce de Leon IV, V, VI

**Gathering for All First Time Delegates: Become Acquainted with the Global Wellness Summit Format and Leadership**

***GWS Advisory Board:***

**Anna Bjurstam**, Vice President, Spas & Wellness, Six Senses Hotels Resorts Spas, Sweden

**Dr. Marc Cohen**, Professor, RMIT University, Australia

**Tony de Leede**, Founder, Gwinganna Lifestyle Retreat, Australia

**Gina Diez Barroso de Franklin**, President & CEO, Grupo Diarq, Mexico

**Andrew Gibson**, Global Vice President, Well-Being, Luxury Brands, Accor Hotels Group, UAE

**Sue Harmsworth, MBE**, Chairman & Founder, ESPA International, UK

**Omer K. Isvan**, President, Servotel Corporation, Turkey

**Mia Kyricos**, President & CEO, Kyricos & Associates LLC, U.S.

**Dr. Franz Linser**, CEO, Linser Hospitality GmbH, Austria

**Yoriko Soma**, President & CEO, Conceptasia Inc, Japan

**Mary Tabacchi, PhD, RD**, Professor Emerita, Cornell University, U.S.

***2017 GWS Co-Chairs:***

**Prof. Gerry Bodeker, PhD**, Clinical Psychologist and Public Health Academic, Green Templeton College, University of Oxford, UK; Dept. of Epidemiology, Columbia University, New York, U.S.

**Maggie Hsu**, Adviser, Zappos.com, U.S.

**Clare Martorana**, Digital Service Expert, United States Digital Service, U.S.

***GWS Team:***

**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, U.S.

**Sue DePalma**, Producer, Global Wellness Summit, U.S.

**Susie Ellis**, Chairman & CEO, Global Wellness Summit, U.S.

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**7:30 pm - 9:30pm**

The Breakers South Pool

**Opening Reception**

Welcome to Living a Well Life!

Sponsored by The Breakers

*Attire: Resort Casual*

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**9:30 pm - 10:30pm**

Salon  
Gold Room

**The DreamKit Beauty Sleep Ritual: Prepare to Sleep Well Tonight**

Sponsored by Longeva

**Robert DeStefano**, Partner, Longeva, U.S.

**Hasti Nazem**, Director, Accounts and Education, Longeva, U.S.

**MONDAY, OCTOBER 9, 2017**  
**DAY ONE**

**6:15 am – 7:00 am**  
South Porte Cachere

**Weight Watchers Flow on the Beach**  
**Sponsored by Weight Watchers**

Weight Watcher's Flow - Start your day with a gentle mind-body experience that combines deep breathing techniques, stretches and slow movements.

**7:00 am – 7:30 am**  
Salon  
Gold Room

**7 Minute Workout**

Experience the official Johnson & Johnson 7-minute workout with the man who invented it - Chris Jordan. Stay for one, two or all three sessions for an up to 21-minute science-based bodyweight workout.

**Chris Jordan**, Director, Exercise Physiology, Johnson & Johnson Human Performance Institute, U.S.

**7:00 am - 8:45 am**  
The Circle Ballroom or  
The Beach Club Restaurant

**Breakfast**

**8:00 am - 6:00 pm**  
Foyer, Ponce de Leon,  
The Breakers Palm Beach

**Summit Concierge & Registration Open**

**9:00 am – 9:20 am**  
Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Opening**

*Living a Well Life: Nature as Guide*

**Louie Schwartzberg**, Founder, Moving Art, U.S.



**9:20 am - 9:40 am**  
 Ideas Stage  
 Ponce de Leon IV, V, VII

**General Session: Welcome & Opening Remarks**  
*The Business of Living a Well Life*  
*Outlook for the Sectors of the 2018 Global Wellness Economy*

Beauty & Anti-Aging | Complementary & Alternative Medicine | Fitness & Mind-Body | Healthy Eating, Nutrition & Weight Loss | Preventive & Personalized Medicine and Public Health | Spa Industry | Thermal/Mineral Springs | Wellness Lifestyle Real Estate | Wellness Tourism | Workplace Wellness

Susie Ellis, Chairman & CEO, Global Wellness Summit, U.S.

**9:40 am - 10:00 am**  
 Ideas Stage  
 Ponce de Leon IV, V, VII

**General Session: Keynote**  
*75% of the Cost of Chronic Illness is Preventable: The Imperative for a Well Life*

Dr. Richard H. Carmona, 17<sup>th</sup> Surgeon General of the United States & Chief of Health Innovations, Canyon Ranch, U.S.

**10:00 am - 10:20 am**  
 Ideas Stage  
 Ponce de Leon IV, V, VII

**General Session: Interview**  
*Redesigning the Corporate Approach to Health & Well-Being: The Breakers' Story*

Denise Bober, Vice President, Human Resources, The Breakers Palm Beach, U.S.  
 Garrett Kirk, Jr., Proprietor, The Breakers Palm Beach, U.S.  
 Paul Leone, CEO, The Breakers Palm Beach, U.S.

In conversation with Susie Ellis, Chairman & CEO, Global Wellness Summit, U.S.

**10:20 am - 10:30 am**  
 Ideas Stage  
 Ponce de Leon IV, V, VII

**General Session: Keynote**  
*We Don't Need More Time... We Need More Energy!*

Chris Jordan, Director, Exercise Physiology, Johnson & Johnson Human Performance Institute, U.S.

**10:30 am - 11:00 am**

Outdoor  
Ponce Promenade

Foyer Bookstore

**Networking Energy Break**

Sponsored by Eminence Organic Skin Care

**Book Signings**

Bookstore Sponsored by BuDhaGirl LLC

**Dr. Richard H. Carmona**, 17<sup>th</sup> Surgeon General of the United States & Chief of Health Innovations, Canyon Ranch, U.S.  
*Canyon Ranch 30 Days to a Better Brain: A Groundbreaking Program for Improving Your Memory, Concentration, Mood, and Overall Well-Being*

**11:00 am - 11:20 am**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*The Transformative Power of Lifestyle Medicine*

**Dr. Dean Ornish**, Founder & President, Preventive Medicine Research Institute, U.S.

**11:20 am - 11:40 am**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*The Latest Science on Healthy Sleep: Quality and Quantity*

**Dr. Oz**, Host, *The Dr. Oz Show* & Professor of Surgery, Columbia University, U.S.

**11:40 am - 12:00 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*Breaking Ground on Wellness Communities & Lifestyle Real Estate: Landmark Research from the Non-Profit Global Wellness Institute*

**Katherine Johnston**, Senior Research Fellow, Global Wellness Institute, U.S.  
**Ophelia Yeung**, Senior Research Fellow, Global Wellness Institute, U.S.

**12:00 pm - 12:05 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Brief Announcement**

*The Experience of Purposeful Interior Design*

**Debra Duneier**, President, EcoChi, LLC, U.S.

**12:05 pm - 12:25 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*The Disruptors Feast: Trends Impacting Global Business*

**Frits Dirk Van Paasschen**, Author & Investor, Disruptors' Feast LLC, U.S.

**12:25 pm - 12:30 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Trends Challenge**  
**The Most Surprising Future Trends**

*Spot a New Upcoming Wellness Trend and Your Future Might Include a Free Registration to the 2018 Summit!*

Contribute the most surprising future-focused wellness trend to our Trends Challenge and you will be our guest at the 2018 Summit. Our judging panel is comprised of media experts and the winner is announced on day three of the Summit.

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**12:30 pm - 1:00 pm**  
Ideas Stage  
Ponce de Leon IV, V, VII

**Press Briefing: Media and Press Delegates**

**12:30 pm - 2:00 pm**  
Venetian Ballroom  
with Ocean View

**Interactive Lunch: "Ask the Expert" Table Topic Discussions**  
**Sponsored by Canyon Ranch**

*Roundtable discussions with designated experts. Each table will have a specific topic. Choose any table you'd like and ask questions of the experts.*

*(List of table topics and their hosts will be added to the agenda soon.)*

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**2:00 pm - 3:30 pm**

**2 OPTIONS: IDEAS STAGE OR  
COLLABORATION ROOM**

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**ON THE IDEAS STAGE**

**2:00 pm - 3:30 pm**  
Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*Living a Well Life Begins & Ends With Your Heart*

**Agapi Stassinopoulos**, Author & Speaker, *Wake Up to the Joy of You*, U.S.

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**General Session: Keynote**

*Mental Wellness: Many Roads to the Mountaintop*

**Prof. Gerry Bodeker, PhD**, Clinical Psychologist and Public Health Academic, Green Templeton College, University of Oxford, UK; Dept. of Epidemiology, Columbia University, New York, U.S.

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**General Session: Keynote**

*Our Passionate Pursuit of Beauty: Is it a Basic Instinct?*

**Nancy Etcoff, PhD**, Assistant Clinical Professor, Harvard Medical School & Author of *Survival of the Prettiest*, U.S.

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**General Session: Keynote**

*How Your Brain Decides What is Beautiful?*

**Dr. Anjan Chatterjee**, Elliott Professor of Neurology, University of Pennsylvania, and Author of *The Aesthetic Brain*, U.S.

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**Energy Boost**

With **Chris Jordan**, Director, Exercise Physiology, Johnson & Johnson Human Performance Institute, U.S.



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## IN THE COLLABORATION ROOM

**2:00 pm - 3:15 pm**

Collaboration Room  
Ponce de Leon I, II III

### Roundtable and Audience Q&A

*Catalytic Collaboration: What Can We Accomplish Together That None of Us Can Accomplish On Our Own?*

**Moderator: Dr. Richard H. Carmona**, 17<sup>th</sup> Surgeon General of the United States & Chief of Health Innovations, Canyon Ranch, U.S.

#### *Participants:*

**Dr. Vincent Apicella**, Medical Director, Family Premier Health, U.S.  
**Anna Bjurstam**, Vice President, Spas & Wellness, Six Senses Hotels Resorts Spas, Sweden

**Jan-Emmanuel De Neve, PhD**, Associate Professor of Economics & Strategy, Saïd Business School, University of Oxford, UK

**Elissa Epel, PhD**, Professor, Department of Psychiatry, University of California, San Francisco, U.S.

**Madelyn Fernstrom, PhD**, Senior Health & Wellness Advisor, NBCUniversal, U.S.

**Mohamed Gawdat**, Chief Business Officer, Google [X], U.S.

**Melisse Gelula**, Co-Founder & Chief Content Officer, Well+Good, U.S.

**Wim Hof**, Author, Athlete, Speaker, Inspirator, Innerfire BV, Netherlands

**Jessica Jesse**, CEO & Creative Director, BuDhaGirl LLC, U.S.

**Dr. Paul Limburg**, Medical Director, Mayo Clinic, Global Business Solutions, U.S.

**Clare Martorana**, Digital Service Expert, United States Digital Service, U.S.

**Dr. Dean Ornish**, Founder & President, Preventive Medicine Research Institute, U.S.

**Dr. Oz**, Host, *The Dr. Oz Show* & Professor of Surgery, Columbia University, U.S.

**Dr. Kenneth R. Pelletier, PhD**, Clinical Professor of Medicine, University of California School of Medicine, U.S.

**Dr. Michael Roizen**, Chief Wellness Officer, Cleveland Clinic, U.S.

**Dr. Andrew Weil**, Founder & Director, Arizona Center for Integrative Medicine, U.S.

**Desiree Watson**, CEO & President, Wellness Interactive, Inc., U.S.

**Edie Weiner**, President & CEO, The Future Hunters, U.S.

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### INTERVIEW

*The Experience of Purposeful Interior Design*

**Debra Duneier**, President, EcoChi, LLC, U.S.

Interviewed by **Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

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### Energy Boost

With Breakers Wellness Champion

**3:30 pm - 4:00 pm**

Outdoor  
Ponce Promenade

Ponce Foyer Bookstore

### Networking Energy Break

#### Book Signings

Bookstore Sponsored by BuDhaGirl LLC

**Dr. Anjan Chatterjee**, Elliott Professor of Neurology, University of Pennsylvania, and Author of *The Aesthetic Brain*, U.S.  
**Nancy Etcoff, PhD**, Assistant Clinical Professor, Harvard Medical School, and Author of *Survival of the Prettiest*, U.S.  
**Agapi Stassinopoulos**, Author & Speaker, *Wake Up to the Joy of You*, U.S.

2:00 pm – 3:30 pm

## 2 OPTIONS: IDEAS STAGE OR COLLABORATION ROOM

### ON THE IDEAS STAGE

4:00 pm – 5:30 pm

Ideas Stage  
Ponce de Leon IV, V, VII

#### General Session: Keynote

*A Realist's Guide to the Changing Digital World*

**Clare Martorana**, Digital Service Expert, United States Digital Service, U.S.

#### General Session: Keynote

*The Beginning of a Child's Life: Reframing the First 1,000 Days Paradigm*

**Dr. Sergio Pecorelli, PhD**, Professor, University of Brescia, Italy

#### General Session: Keynote

*How Understanding Happiness Began My Personal Moonshot*

**Mohamed Gawdat**, Chief Business Officer, Google [X], U.S.

#### General Session: Keynote

*Happiness Science is Good Business*

**Jan-Emmanuel De Neve, PhD**, Associate Professor of Economics & Strategy, Said Business School, University of Oxford, UK

### IN THE COLLABORATION ROOM

4:00 pm - 5:30 pm

Collaboration Room  
Ponce de Leon I, II III

#### Roundtable and Audience Q&A

*What Wellness Investors are Thinking, Saying, and Most Importantly, Doing*

**Moderator: Laurie Racine**, Serial Entrepreneur; CEO & Founder, LifeSquare, U.S.

#### Participants:

**Ricardo Chance**, Managing Director, Investment Banking, Leisure & Wellness, KPMG Corporate Finance LLC, U.S.

**Tim Chun**, Vice President, CCL Holding, U.S.

**Andrew Cohan**, Managing Director, Horwath HTL, U.S.

**Gina Diez Barroso de Franklin**, President & CEO, Grupo Diarq, Mexico

**Susan Docherty**, CEO, Canyon Ranch, U.S.

**Marc W. Ellin**, Global Head, Miraval Group, U.S.

**Sue Harmsworth, MBE**, Chairman & Founder, ESPA International, UK

**Omer K. Isvan**, President, Servotel Corporation, Turkey

Neil Jacobs, CEO, Six Senses Hotels Resorts Spas, Thailand  
Dr. Franz Linser, CEO, Linser Hospitality, Austria  
Thierry Malleret, Co-Founder, The Monthly Barometer, France  
Yoriko Soma, President & CEO, Conceptasia Inc, Japan  
Frits Dirk Van Paasschen, Author & Investor, Disruptors' Feast LLC, U.S.  
Amelia Yao, Founder, Wellness Department, Hanshi Investment and Management Ltd. Co, China  
TBA

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## INTERVIEW AND AUDIENCE Q&A

*The Science of Touch: From Premature Babies to Seniors - The Impact of Massage*

Dr. Tiffany Field, Director, Touch Research Institute, U.S.

Interviewed by Prof. Gerry Bodeker, PhD, Clinical Psychologist and Public Health Academic, Green Templeton College, University of Oxford, UK; Dept. of Epidemiology, Columbia University, New York, U.S.

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5:30 pm

## ALL BACK TO THE IDEAS STAGE

5:30 pm – 6:00 pm

Ideas Stage  
Ponce de Leon IV, V, VII

### General Session: Keynote

*What Have We Wrought? The Price of Humankind's Path Towards Accelerated Modernization*

Justin Brice Guariglia, Award-Winning Artist, U.S.

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### General Session: Keynote

*Millennials are not Wellness Newbies: Understanding What They Expect*

Alexia Brue, Co-Founder, Well+Good, U.S.

Melisse Gelula, Co-Founder & Chief Content Officer, Well+Good, U.S.

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6:00 pm

Foyer Bookstore

### Book Signings

Bookstore Sponsored by BuDhaGirl LLC

Mohamed Gawdat, Chief Business Officer, Google [X], U.S.

Frits Dirk Van Paasschen, Author & Investor, Disruptors' Feast LLC, U.S.

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7:00 pm - 9:00 pm

The Breakers' Restaurants:  
Echo, Flagler Steakhouse,  
HMF, Seafood Bar

### Evening Event – Dine Around at The Breakers

#### “Breaking Bread: Dine with Friends, Old and New”

(You will find out which restaurant you will go to in a surprising way!)

*Attire: Resort Casual*

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**CHOICE OF THREE OPTIONS:**

**9:00 pm – 10:00 pm**

Meet at South Porte Chochere,  
located near retail stores, for a  
very short coach ride

**OPTION 1: Private Tour Norton Museum of Art**  
*"Earth Works: Mapping the Anthropocene"*

**Justin Brice Guariglia**, Award-Winning Artist, U.S.

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**9:00 pm – 10:00 pm**

Salon  
Gold Room

**OPTION 2: The DreamKit Beauty Sleep Ritual: Prepare to  
Sleep Well Tonight**  
Sponsored by Longeva

**Robert DeStefano**, Partner, Longeva, U.S.  
**Hasti Nazem**, Director, Accounts and Education, Longeva, U.S.

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**9:00 pm – 10:00 pm**

Bungalows by Active Pool  
& South Pool

**OPTION 3: Cabana Conversations**

Nutrition  
Fitness  
Sustainability  
Wellness at Work  
Wellness & Government  
Wellness for Children  
Massage Makes Me Happy  
Wellness Tourism

*(Hosts will be added to the agenda soon.)*

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**TUESDAY, OCTOBER 10, 2017**  
**DAY TWO**

**6:15 am – 7:00 am**  
South Porte Cachere

**Weight Watchers Flow on the Beach**  
Sponsored by Weight Watchers

Weight Watcher's Flow - Start your day with a gentle mind-body experience that combines deep breathing techniques, stretches and slow movements.

**7:00 am – 7:30 am**  
Salon  
Gold Room

**Resistance Band Workout**  
*Chris Jordan Gives You Strength...and a Little Resistance!*

Learn how to use a resistance band to get a simple, yet effective full body workout almost anywhere, anytime.

**Chris Jordan**, Director, Exercise Physiology, Johnson & Johnson Human Performance Institute, U.S.

**7:00 am – 8:45 am**  
The Circle Ballroom or  
The Beach Club Restaurant

**Breakfast**

**9:05 am – 9:10 am**  
Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Opening**  
*Stunning Video by Moving Art*

**Louie Schwartzberg**, Founder, Moving Art, U.S.

**9:10 am – 9:30 am**  
Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**  
*How To Really Help People Make Health Lifestyle Choices*

**Dr. Andrew Weil**, Founder & Director, Arizona Center for Integrative Medicine, U.S.

**9:30 am – 10:30 am**

**3 OPTIONS: IDEAS STAGE,  
COLLABORATION ROOM OR SALON**

**ON THE IDEAS STAGE**

**9:30 am – 10:30 am**  
Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**  
*WHAT IF - Imagining the Unimaginable Impact of Technology on Your Business*

**Paul Price**, Digital Marketing Leader, U.S.

**General Session: Keynote**  
*The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer*

**Elissa Epel, PhD**, Professor, Department of Psychiatry, University

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of California, San Francisco, U.S.

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### General Session: Keynote

*DNA Testing: Understanding Results and Exploring Opportunities*

**Ali Mostashari, PhD**, CEO, LifeNome Inc., U.S.

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## IN THE COLLABORATION ROOM

### 9:30 am - 10:30 am

Collaboration Room  
Ponce de Leon I, II III

### Roundtable and Audience Q&A

*Good News/Bad News: Mental Wellness and Technology*

**Moderator: Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

#### *Participants:*

**Rona Abramson**, Owner, The Tower Companies, U.S.

**Nancy Board**, Co-Founder, Global Women 4 Wellbeing, U.S.

**Prof. Gerry Bodeker, PhD**, Clinical Psychologist and Public Health Academic, Green Templeton College, University of Oxford, UK;  
Dept. of Epidemiology, Columbia University, New York, U.S.

**Dr. Lawrence Choy**, Co-Founder & Medical Director, Elite Focus Clinic, U.S.

**Devorah Coryell**, Faculty, Arizona Center for Integrative Medicine, U.S.

**Alia Crum, PhD**, Assistant Professor of Psychology, Stanford University, U.S.

**John D. Fernstrom, PhD**, Professor, Psychiatry & Pharmacology, University of Pittsburgh School of Medicine, U.S.

**Samer Hamadeh**, Founder & CEO, Zeel Networks, Inc., U.S.

**Alina Hernandez**, Head, Strategic Initiatives, The Giovanni Lorenzini Foundation, U.S.

**Fabienne Jacquet**, Vice President, Strategic Insights, International Flavors & Fragrances, U.S.

**Jeremy McCarthy**, Group Director of Spa & Wellness, Mandarin Oriental Hotel Group, Hong Kong

**Louie Schwartzberg**, Founder, Moving Art, U.S.

**Ted Souder**, Head of Industry, Retail, Google, U.S.

**Devon White (tentative)**

TBA

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## IN THE SALON

### 9:30 am - 10:30 am

Salon  
Gold Room

### Panel Discussion and Audience Q&A

*Future Focus: The Next Frontier in Spas, Hospitality and Travel*

Facilitated by **Sallie Fraenkel**, President, Mind Body Spirit Network, U.S.

#### *Participants:*

**Gustavo Albanesi**, Founder, Buddha Spa, Brazil

**Roberto Arjona**, Chief Executive & General Manager, Rancho La Puerta, U.S.

**Nils Behrens**, Chief Marketing Officer, Lanserhof Group, Germany

**Anne Dimon**, CEO & Editor, *Travel to Wellness*, Canada

**Andrew Gibson**, Global Vice President, Well-Being, Luxury Brands, Accor Hotels Group, UAE

**Sharon Kolkka**, General Manager & Wellness Director, Gwinganna

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Lifestyle Retreat, Australia  
**CK (Chee Kwong) Low**, Managing Director, Skin Essentials (M)  
Sdn Bhd, Malaysia  
**Diana F. Mestre**, Director & Owner, Mestre & Mestre Spa &  
Wellness Consulting, Mexico  
**Karina Stewart**, Founder, Brand & Concept Director, Kamalaya Koh  
Samui, Thailand  
**Todd Walter**, President & CEO, Red Door Spa Holdings, U.S.  
TBA  
TBA

**10:30 am - 11:00 am**

Outdoor  
Ponce Promenade

**Networking Energy Break**  
Sponsored by [ comfort zone ]

Ponce Foyer

Meet **Anna Griffin**, Anna Griffin Inc., U.S.  
*Send a Note to Someone You Love*

Ponce Foyer  
Bookstore

**Book Signings**  
Bookstore Sponsored by BuDhaGirl LLC

**Elissa Epel**, PhD, Professor, Department of Psychiatry, University  
of California, San Francisco, U.S.  
**Dr. Andrew Weil**, Founder & Director, Arizona Center for  
Integrative Medicine, U.S.

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**11:00 am - 11:40 am**

## 3 OPTIONS: IDEAS STAGE, COLLABORATION ROOM OR SALON

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### ON THE IDEAS STAGE

**11:00 am - 11:40 am**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*Change Your Genes, Change Your Health: The New Science of  
Epigenetics*

**Dr. Kenneth R. Pelletier**, PhD, Clinical Professor of Medicine,  
University of California School of Medicine, U.S.

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**General Session: Keynote**

*Take the First Step - Ten Good Reasons to Go for a Walk*

**Mary Anne Malleret**, France  
**Thierry Malleret**, Co-Founder, The Monthly Barometer, France

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### IN THE COLLABORATION ROOM

**11:00 am - 11:35 am**

Collaboration Room  
Ponce de Leon I, II III

**Roundtable Discussion and Audience Q&A**

*Making a Difference: Social Impact and Why It's More Important  
Than Ever*

Facilitated by **Dr. Richard H. Carmona**, 17<sup>th</sup> Surgeon General of the  
United States & Chief of Health Innovations, Canyon Ranch, U.S.

**Participants:**

**Belgin Aksoy Berkin**, Creative Director, Richmond International & Founder, Global Wellness Day, Turkey

**Julie Bach**, Executive Director, Wellness for Cancer, U.S.

**Gina Diez Barroso de Franklin**, President & CEO, Grupo Diarq, Mexico

**Paul Leone**, CEO, The Breakers Palm Beach, U.S.

**Dr. Matthew J. Mitchell**, Associate Professor in Health and Human Performance, Palm Beach Atlantic University, U.S

**Dilip Barot**, Owner, Amrit Ocean Resort & Residences, U.S.

**Lynda Solien-Wolfe**, Vice President, Massage & Spa, Performance Health Inc., "Massage Makes Me Happy" campaign, U.S.

TBA

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## IN THE SALON

**11:00 am - 11:35 am**

Salon  
Gold Room

### Q&A with Dr. Andrew Weil

**Dr. Andrew Weil**, Founder & Director, Arizona Center for Integrative Medicine, U.S.

Facilitated by **Clare Martorana**, Digital Service Expert, United States Digital Service, U.S.

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**11:40 am**

## ALL BACK TO THE IDEAS STAGE

**11:40 am - 11:45 am**

Ideas Stage  
Ponce de Leon IV, V, VII

### General Session: Announcement

*Connection Unplugged: Send a Note to Someone You Love*

**Anna Griffin**, President, Anna Griffin Inc., U.S.

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**11:45 am - 12:30 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

### Collaboration Jam!

*Spotlight on Sponsors*

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**12:30 pm - 2:00 pm**

Gulfstream I & II

### VIP Lunch with Special Speaker

*Amazon Buys Whole Foods: What This Means for the Wellness Industry*

**Thierry Malleret**, Co-Founder, The Monthly Barometer, France

*(Invitation-only for Ambassadors of the non-profit Global Wellness Institute. See registration desk for information about becoming an Ambassador or sign up at this [link](#).)*



12:30 pm - 2:00 pm  
Venetian Ballroom

**Interactive Lunch with Table Topic Hosts**  
**Sponsored by Miraval**

*Non-Profit Global Wellness Institute Initiative Chairs Host Table  
Topic Discussions:*

1. Art and Wellness
2. Beauty Meets Wellness
3. Career Development
4. Consulting Best Practices
5. Eastern European
6. Hot Springs
7. Hydrothermal
8. Exploring Salt and Halotherapy
9. Immersion (Spa or Retreat Immersion Experiences)
10. Massage Makes Me Happy
11. Mental Wellness
12. Social Impact
13. Sustainability
14. Wellness & Government
15. Wellness & Architecture
16. Wellness at Work
17. Wellness Communities
18. Wellness for Cancer
19. Wellness for Children
20. Wellness Tourism
21. Women in Leadership
22. World Retreat Study

2:00 pm - 3:00 pm

**3 OPTIONS: IDEAS STAGE,  
COLLABORATION ROOM OR SALON**

**ON THE IDEAS STAGE**

2:00 pm - 3:00 pm  
Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*Meet the Wellness Robot...and Learn How This Technology Can  
Enhance Wellness*

**Ramesh Caussy, PhD, CEO & Founder, Partnering Robotics,  
France**

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**General Session: Keynote**

*The Critical Key to Harnessing the Science of Human Performance*

**Jack Groppe, PhD, Co-Founder, Johnson & Johnson Human  
Performance Institute, U.S.**

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**General Session: Keynote**

*Virtual Reality and Augmented Reality for Wellness: Fad or Future?*

**Maggie Hsu, Adviser, Zappos.com, U.S.**

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## IN THE COLLABORATION ROOM

2:00 pm - 3:00 pm

Collaboration Room  
Ponce de Leon I, II III

### Roundtable and Audience Q&A

*The Time Has Come: Business Opportunities in Wellness Communities, Lifestyle Real Estate and our Right to Live Well*

**Moderator: Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

**Participants:**

**Marwan Abdulaziz Janahi**, Executive Director, Dubai Science Park, UAE

**Katherine Johnston**, Senior Research Fellow, Global Wellness Institute, U.S.

**Thomas Klein**, COO, Canyon Ranch, U.S.

**Mia Kyricos**, President & CEO, Kyricos & Associates LLC, U.S.

**Dr. Paul Limburg**, Medical Director, Mayo Clinic, Global Business Solutions, U.S.

**Jalil Mekouar**, CEO, Hotels, Majid Al Futtaim Properties, UAE

**Steve Nygren**, Founder, Serenbe, U.S.

**Peter Rummel**, CEO, Rummel Company, LLC, U.S. (tentative)

**Barry Scherr**, Principal, Enlightened Real Estate, U.S.

**John Sullivan**, Town Founder, Winthrop, U.S.

**Rohit Verma**, Professor, Cornell University, U.S.

**Ophelia Yeung**, Senior Research Fellow, Global Wellness Institute, U.S.

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## IN THE SALON

2:00 pm - 3:00 pm

Salon  
Gold Room

### Panel Discussion and Audience Q&A

*Are DNA and Biomarker Tests Ready for Prime Time?*

**Dr. Kenneth R. Pelletier, PhD**, Clinical Professor of Medicine, University of California School of Medicine, U.S.

**Participants:**

**Simon Chin**, President & CEO, IRIS Wellness Labs, Inc., U.S.

**Elissa Epel, PhD**, Professor, Department of Psychiatry, University of California, San Francisco, U.S.

**Dr. Paul Limburg**, Medical Director, Mayo Clinic, Global Business Solutions, U.S.

**Dr. Raya Khanin**, Chief Science Officer, LifeNome Inc., U.S.

**Lorena Puica**, Founder & CEO, IamYiam Ltd, UK

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3:00 pm

## ALL BACK TO THE IDEAS STAGE

3:00 pm - 3:20 pm

Ideas Stage  
Ponce de Leon IV, V, VII

### General Session: Keynote

*Beauty, Wellness and Artificial Intelligence: Finding The Narratives That Matter*

**Dave McCaughan**, Chief Strategy Officer, Ai.agency, Thailand

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**3:20 pm – 3:30 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Passion Moment**

*Beyond the Bangles: Ritual, Wellness & Letting Go*

Jessica Jesse, CEO & Creative Director, BuDhaGirl LLC, U.S.

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**3:30 pm - 4:00 pm**

Outdoor  
Ponce Promenade

**Networking Energy Break**

Ponce Foyer

Meet **Anna Griffin**, Anna Griffin Inc., U.S.  
*Send a Note to Someone You Love*

Ponce Foyer  
Bookstore

**Book Signings**

**Bookstore Sponsored by BuDhaGirl LLC**

**Jack Groppe**, PhD, Co-Founder, Johnson & Johnson Human Performance Institute, U.S.

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**4:00 pm - 5:00 pm**

**3 OPTIONS: IDEAS STAGE,  
COLLABORATION ROOM OR SALON**

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**ON THE IDEAS STAGE**

**4:00 pm - 5:00 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*Understanding the Positive Implications of the Placebo Effect*

**Alia Crum, PhD**, Assistant Professor of Psychology, Stanford University, U.S.

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**General Session: Keynote**

*Thermalism, Health Spas, Hydrotherapy and Climatotherapy in China*

**Jie Wang**, Chairman, Chongqing Hakone Hot Spring & Thermalism Industry Development Group, China

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**General Session: Keynote**

*Wellness Architecture: From Environmental Health to Human Wellbeing*

**Veronica Schreibeis Smith**, CEO & Founding Principal, Vera Iconica Architecture, U.S.

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**IN THE COLLABORATION ROOM**

**4:00 pm - 5:00 pm**

Collaboration Room  
Ponce de Leon I, II III

**Roundtable and Audience Q&A**

*The Big Business of Beauty: The Impact of Wellness on Growth in this Sector*

**Moderator: Carolee Friedlander**, CEO & Founder, AccessCircles, LLC, U.S.

**Participants:**

**Michael Bruggeman**, CEO & Chief Formulation Officer, OM4 Organic Male, U.S.

**Dr. Anjan Chatterjee**, Elliott Professor of Neurology, University of Pennsylvania, U.S.

**Rekha Chaudhari**, Managing Director, JCKRC Spa Destination Pvt. Ltd., India

**Arnaud Diaz**, International Director, THALGO, France

**Nancy Etcoff, PhD**, Assistant Clinical Professor, Harvard Medical School, U.S.

**Sean Harrington**, CEO, ELEMIS, U.S.

**Jane Iredale**, President & CEO, Iredale Mineral Cosmetics, U.S.

**Dr. Lisa Ishii**, Associate Professor & Chief Quality Officer, Johns Hopkins School of Medicine, U.S.

**Neal Kitchen, PhD**, COO, HydroPeptide LLC, U.S.

**Boldjarre Koronczay**, President, Master Trainer, Eminence Organic Skin Care, Canada

**Christian Mas**, CEO, Sothys Paris, France

**Rupert Schmid**, Co-President, Biologique Recherche, France

**Yoriko Soma**, President & CEO, Conceptasia Inc, Japan

**Kira Walton**, Co-Founder, VOYA, Ireland

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## IN THE SALON

**4:00 pm - 5:00 pm**

Salon  
Gold Room

### Panel Discussion and Audience Q&A

*Happiness, Positive Psychology and Well-Being: Where are the Opportunities?*

Facilitated by **Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

**Participants:**

**Jan-Emmanuel De Neve, PhD**, Associate Professor of Economics & Strategy, Saïd Business School, University of Oxford, UK

**Nancy Etcoff, PhD**, Assistant Clinical Professor, Harvard Medical School, U.S.

**Silvia Garcia**, Founder, Happiest Places to Work & Former Global Director of the Happiness Institute, Coca-Cola, U.S.

**Jeremy McCarthy**, Group Director of Spa & Wellness, Mandarin Oriental Hotel Group, Hong Kong

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**5:10 pm**

## ALL BACK TO THE IDEAS STAGE

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**5:10 pm - 5:30 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

### General Session: Keynote

*Living to 160*

**Dr. Michael Roizen**, Chief Wellness Officer, Cleveland Clinic, U.S.

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**5:30 pm - 5:35 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

### General Session: Global Wellness Day 2017 & 2018

*Wellness for Everyone. Emphasizing Happiness, Kids and Love*

**Belgin Aksoy Berkin**, Creative Director, Richmond International & Founder, Global Wellness Day, Turkey

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**5:35 pm – 6:00 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*The Ice Man Cometh: Why I Don't Use the Term Biohacking to Describe What I Do*

**Wim Hof**, Author, Athlete, Speaker, Inspirator, Innerfire BV,  
Netherlands

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**6:00 pm**

Foyer Bookstore

**Book Signing**

**Bookstore Sponsored by BuDhaGirl LLC**

**Dr. Michael Roizen**, Chief Wellness Officer, Cleveland Clinic, U.S.

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**7:30 pm - 10:30 pm**

Mediterranean Ballroom and  
Venetian Ballroom

**A Celebration of the Elements “Gala”**

*An elegant evening of dinner, organic Tuscan wine introduced by Virginia Philip, master sommelier, a brief auction to benefit the Non-Profit Global Wellness Institute research and dancing!*

*Attire: Resort Evening Wear*

WEDNESDAY, OCTOBER 11, 2017  
DAY THREE

6:45 am – 7:30 am

Salon  
Gold Room

**Move and Groove**

*Functional Movement and Mobility Workout*

Bring your post-gala self to this great overall workout: flexibility/mobility, core strength, balance, stability, and movement efficiency using a combination of self-myofascial release (foam roller), yoga and Pilates-style exercises.

7:00 am – 8:45 am

The Circle Ballroom or  
The Beach Club Restaurant

**Breakfast**

9:00 am – 9:05 am

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Opening**

*Opening: Stunning Video by Moving Art*

Louie Schwartzberg, Founder, Moving Art, U.S.

9:05 am – 10:30 am

3 OPTIONS: IDEAS STAGE,  
COLLABORATION ROOM OR SALON

ON THE IDEAS STAGE

9:05 am – 10:05 am

Ideas Stage  
Ponce de Leon IV, V, VII

**Shark Tank of Wellness Student Competition**

*Global student competition to birth a fresh wellness concept with \$10,000 in prize money!*

Meet the final three concepts decided by the judges (Sharks) after reviewing videos from almost 100 submissions. Finalists present and compete for the top prize today.

Sponsored by Chiva-Som International Health Resort, Circadia by Dr. Pugliese, ESPA International, Fairmont Hotels & Resorts, Iredale Mineral Cosmetics, ResortSuite, Vanity Cosmetics AG.

**Moderators:**

**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, U.S.

**Lena Bouton**, Marketing & Communications Specialist, U.S.

**Finalists:**

**Student: Mikey Ahdoot**, University of Southern California, U.S.

**Professor: Paul Orlando**, University of Southern California, U.S.

**Student: Maria Gil**, Ecole Hoteliere de Lausanne, Switzerland

**Professor: Demian Hodari**, Ecole Hoteliere de Lausanne, Switzerland

**Student: Jarrod Luca**, Florida State University, U.S.

**Professor: Wendy Plant**, Florida State University, U.S.

**Judging Panel:**

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**Tracey Chappell**, SVP, Global Spa Solutions, ESPA International, UK  
**Andrew Gibson**, Global Vice President, Well-Being, Luxury Brands, Accor Hotels Group, UAE  
**Jane Iredale**, President & CEO, Iredale Mineral Cosmetics, U.S.  
**Sheila McCann**, General Manager, Chiva-Som International Health Resort, Thailand  
**Jacqueline Piotaz**, Founder & Developer, Vanity Cosmetics AG, Switzerland  
**Frank Pitsikalis**, Founder & CEO, ResortSuite, Canada  
**Michael Pugliese**, Owner & CEO, Circadia by Dr. Pugliese, U.S.

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**10:05 am – 10:30 am**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*Hotels, Alternative Accommodations and Wellness*

**Jan D. Freitag**, SVP, STR, Inc., U.S.

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**IN THE COLLABORATION ROOM**

**9:00 am – 10:30 am**

Collaboration Room  
Ponce de Leon I, II III

**Roundtable and Audience Q&A**

*Wellness Architecture and R.O.W. (Return on Wellness): The Long-Term Impact of Building It Well*

**Moderator:** TBA

**Participants:**

**Roberto Arjona**, Chief Executive & General Manager, Rancho La Puerta, U.S.  
**Alfredo Carvajal**, President, Delos International & Signature Program, Delos Living LLC, U.S.  
**Anthony DiGuseppe**, Principal, DiGuseppe Architects, U.S.  
**Andreas Dornbracht**, Managing Director, Dornbracht International, Germany  
**Debra Duneier**, President, EcoChi, LLC, U.S.  
**Robert Henry**, Founder & Principal, Robert D. Henry Architects, U.S.  
**Katherine Johnston**, Senior Research Fellow, Global Wellness Institute, U.S.  
**Jay Litt**, Principal, The Litt Group, U.S.  
**Lindsay S. Burgess**, Principal, Enlightened Real Estate, U.S.  
**Barry Scherr**, Principal, Enlightened Real Estate, U.S.  
**Veronica Schreiber Smith**, CEO & Founding Principal, Vera Iconica Architecture, U.S.  
**Sylvia Sepielli**, Founder, Sylvia Planning And design (SPAd), U.S.  
**Liz Terry**, CEO, Leisure Media, UK  
**Ophelia Yeung**, Senior Research Fellow, Global Wellness Institute, U.S.  
TBA

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**Interview**

TBA

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**IN THE SALON**

**9:00 am – 9:45 am**

Salon  
Gold Room

**Beauty2Wellness Research Report: Insights and Q&A**

*How can beauty contribute to wellness? Preliminary findings from the much anticipated report designed to create new understanding between beauty, the brain and wellness.*

**Dr. Anjan Chatterjee**, Elliott Professor of Neurology, University of

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Pennsylvania, U.S.

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**9:45 am – 10:30 am**

Salon  
Gold Room

**Experience**

*Wim Hof Experience*

**Wim Hof**, Author, Athlete, Speaker, Inspirator, Innerfire BV,  
Netherlands

**10:30 am - 11:00 am**

Outdoor  
Ponce Promenade

Ponce Foyer

**Networking Energy Break**

Sponsored by **LEMI**

Meet **Anna Griffin**, Anna Griffin Inc., U.S.  
*Send a Note to Someone You Love*

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**11:00 am – 12:30 am**

**3 OPTIONS: IDEAS STAGE,  
COLLABORATION ROOM OR SALON**

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**ON THE IDEAS STAGE**

**11:00 am – 12:30 am**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*Is the Glass Half Full or Half Empty? That is Not the Question... The Glass is "Refillable"!*

**Silvia Garcia**, Founder, Happiest Places to Work & Former Global  
Director of the Happiness Institute, Coca-Cola, U.S.

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**General Session: Keynote**

*Wellness in the Age of the Smartphone*

**Jeremy McCarthy**, Group Director of Spa & Wellness, Mandarin  
Oriental Hotel Group, Hong Kong

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**General Session: Keynote**

*Water, Wellness, Wealth and the Inner Well of Being*

**Dr. Marc Cohen**, Professor, RMIT University, Australia

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**General Session: Keynote**

*Is there a Place for Plastic Surgery in the World of Wellness?*

**Dr. Lisa Ishii**, Associate Professor & Chief Quality Officer, Johns  
Hopkins School of Medicine, U.S.

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**General Session: Experience**

**Salete Chiamulera**, World Famous Pianist, Brazil

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## IN THE COLLABORATION ROOM

**11:00 am – 12:00 pm**

Collaboration Room  
Ponce de Leon I, II III

### Roundtable and Audience Q&A

*Discerning WELLNESS Fact from Fiction in a World of Fake News:  
The Media Speaks*

**Moderator: Madelyn Fernstrom, PhD**, Senior Health & Wellness Advisor, NBCUniversal, U.S.

**Participants:**

**Karen Asp**, Journalist, U.S.

**Sandra Ballentine**, Editor, *Conde Nast/W magazine*, U.S. Journalist, U.S.

**Alexia Brue**, Co-Founder, Well+Good, U.S.

**Melisse Gelula**, Co-Founder & Chief Content Officer, Well+Good, U.S.

**Elizabeth Goodman Artis**, Editor-in-Chief, *SHAPE magazine*, U.S.

**Amy Keller Laird**, Editor-in-Chief, *Women's Health magazine*, U.S.

**Rina Raphael**, Writer, *Fast Company magazine*, U.S.

**Paula Rizzo**, Senior Health Producer, Fox News Channel, U.S.

**Jenna Scatena**, Writer & Editor, U.S.

TBA

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TBA

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## IN THE SALON

**11:00 am – 12:30 am**

Salon  
Gold Room

### Workshop & Hands-on Experience

*Purpose-Driven Wellbeing: Key to Sustained Behavior Change*

**Jack Groppel, PhD**, Co-Founder, Johnson & Johnson Human Performance Institute, U.S.

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### Panel Discussion and Audience Q&A

*Can Behavior Change Be Fun or Easy?*

Facilitated by TBA

**Participants:**

**Rona Abramson**, Owner, The Tower Companies, U.S.

**Andrew Pleasant, PhD**, Director, Healthy Literacy Media & Canyon Ranch Institute, U.S.

**Dr. Andrew Weil**, Founder & Director, Arizona Center for Integrative Medicine, U.S.

TBA

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**12:30 pm – 1:30 pm**

Ocean Lawn or  
Venetian Ballroom

### Relaxed Lunch

Sponsored by Biologique Recherche

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**1:30 pm – 1:50 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

### General Session: Interview

*The View from 95*

**Deborah Szekely**, Co-Founder, Rancho La Puerta, U.S.

Interviewed by **Susie Ellis**, Chairman & CEO, Global Wellness Summit, U.S.

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**1:50 pm – 2:10 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

*Wellness 2030 – Key trends for a Growing Economy in a Rapidly Changing World*

**David Bosshart, PhD, CEO, Gottlieb Duttweiler Institute (GDI), Switzerland**

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**2:10 pm – 2:30 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Keynote**

**Edie Weiner, President & CEO, The Future Hunters, U.S.**

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**2:30 pm – 3:15 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Announcement of Award Winners**

**Shark Tank of Wellness Award Winners  
\$10,000 in Prize Money**

**Global Wellness Awards**

**Sponsors Include: Amrit Ocean Resort & Residences, Booker, Gharieni Group and Motivity Partnerships.**

*Leader in Innovation*

*Leader in Sustainability*

*Leading Woman in Wellness*

*Leader in Workplace Wellness*

*The Debra Simon Award for Leader in Furthering Mental Wellness*

*Leader in Social Impact*

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**3:15 pm – 3:30 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session**

*Fake Wellness or Wellness Evidence? Take the Pledge*

**Susie Ellis, Chairman & CEO, Global Wellness Summit U.S.  
Clare Martorana, Digital Service Expert, United States Digital Service, U.S.**

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**3:30 pm – 3:40 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**General Session: Trends Challenge Winner!**

*The judging panel of media experts has decided. It's time to announce the winner of the person who has contributed the most surprising future-focused wellness trend to our Trends Challenge. And find out how you will be able to see all submissions in the future!*

**Madelyn Fernstrom, PhD, Senior Health & Wellness Advisor, NBCUniversal, U.S.**

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**3:40pm – 3:55 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**Announcement of 2018 GWS Location!**

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**4:00 pm**

Ideas Stage  
Ponce de Leon IV, V, VII

**Champagne Toast**

**Sponsored by Aloys F. Dornbracht GmbH & Co. KG**

*With Mr. Dornbracht*

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## THURSDAY, OCTOBER 12, 2017 POST-SUMMIT ACTIVITIES

**9:00 am – 12:00 pm**

The Breakers Palm Beach  
Lobby

### Host a Future Summit

Opportunity to speak with **Michelle Gamble**, Vice President of Global Business Development, and **Nancy Davis**, Chief Creative Officer & Executive Director, regarding what's involved in hosting a future Summit.

Please email Michelle at [michelle.gamble@globalwellnesssummit.com](mailto:michelle.gamble@globalwellnesssummit.com) to request a time to meet on Thursday morning. There will be Request for Proposals (RFPs) available for those interested in learning more.

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### Depart at your leisure

For questions, contact Sallie Fraenkel at [sallie@mindbodyspiritnet.com](mailto:sallie@mindbodyspiritnet.com)

### Living Wellness at Serenbe

Join us on this two-night tour and see why people at Serenbe say, "The best reason to live here is the life here." The founders (and GWS delegates), Steve and Marie Nygren, believe that if you want to change the world, you need to start in your own backyard. The first house at Serenbe was built in 2004, and today, the community is home to over 400 residents. Each of Serenbe's four hamlets have complementary commercial centers focused on the elements of a well-lived life: arts for inspiration, agriculture for nourishment, health for wellbeing and education for awareness.

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### Depart at your leisure

For questions, contact Sallie Fraenkel at [sallie@mindbodyspiritnet.com](mailto:sallie@mindbodyspiritnet.com)

### Chable: Shamanism Meets Luxury

Ten years in the making, Chable opened its doors just months ago and is already garnering stellar press. With 38 private casitas nestled in nature, each with an infinity pool and built on 750 acres in the Mayan Jungle, Chable is just 25 minutes from Merida, the capital of the Yucatan. This is one of the only wellness resorts in the world that has its own cenote, a natural limestone swimming hole celebrated by the Mayans as the entrance to the sacred underworld. Chable offers indigenous Yucatecan healing spa and shamanic rituals, as well as inspired organic cuisine created by Executive Chef Jorge Vallejo of Quintonil, the #12 restaurant on the World's Best Restaurants list. Plus you'll definitely feel well after sampling their Tequila collection, which is rumored to be the largest in the world!

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### Depart at your leisure

For questions, contact Sallie Fraenkel at [sallie@mindbodyspiritnet.com](mailto:sallie@mindbodyspiritnet.com)

### BodyHoliday: A Caribbean Getaway for Body and Mind

Based on a philosophy of relaxation, restorative beauty, exercise and diet, BodyHoliday offers every possibility. The renowned Wellness Centre, voted one of the world's best spas by *Condé Nast Traveler*, caters to every need with an array of time-honored body treatments as well as state-of-the-art therapies, while BodyHoliday's five-star restaurants satisfy every taste (and dietary need) with menus that feature locally-sourced foods and ingredients fresh from the resort's own organic garden. There is an endless list of activities on land and sea, such as yoga and fitness classes, scuba diving, sailing, paddle boarding, water skiing, hiking and tennis. However you design it, BodyHoliday can be a hive of activity or a haven of peace and serenity.

\*2017 Press Delegates: (full list to be added shortly before the Summit)