



GLOBAL WELLNESS
SUMMIT 2017



living a well life

AGENDA

OCTOBER 9-11 AT THE BREAKERS PALM BEACH, FLORIDA



living a well life AGENDA

The 2017 Summit, with our theme of **“Living a Well Life,”** will offer you the opportunity to hear and experience the very latest in the wellness arena—from what will drive this \$3.7 trillion economy in the future to what sectors are emerging as business opportunities, to how we can all embrace practices that improve the quality of our lives.

Veterans of past Summits will notice a big change in the design of the agenda. To begin with, we’ve made it smaller for your convenience. We have also added a section at the beginning that gives you a “snapshot” of the Summit with each day displayed as a two-page spread. We did this for a variety of reasons, but chief among them is that this year we have three separate meeting spaces, each with its own personality—and you have choices! At various times throughout the Summit, you will be able to choose between short keynote presentations on our Ideas Stage, interactive roundtables in our Collaboration Room, or smaller panels or a workshop in our Salon.

Rest assured that all of the sessions are being recorded in some way: video in the Ideas Stage and audio in the Collaboration Room and the Salon. That way, you will be able to access the information from whatever sessions you may miss. Technology has come far, but we still can’t be in three places at once!

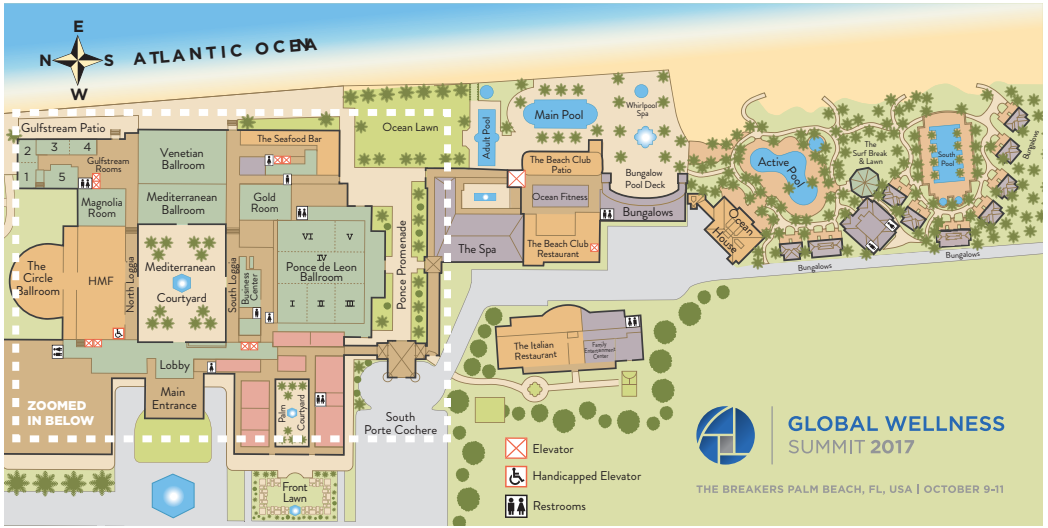
We hope you will enjoy the agenda we’ve prepared for you. Whether you seek out a session that relates to your area of expertise or you take the opportunity—increasingly popular these days—to cross-pollinate with a sector that might be new to you, it’s all designed to expand your knowledge and build the wellness world’s expertise.

Thank you for being part of the global community.

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THE BREAKERS®

PALM BEACH



SUNDAY, OCTOBER 8, 2017

PRE-SUMMIT DAY SNAPSHOT

9:00 am Summit Concierge & Registration Open Ponce de Leon Foyer

Living a Well Life Activities—On Your Own

2:00 pm Conclusion of Quintessential Miami: An Urban Retreat with a Miami Vibe Tour

2:00 pm Meeting: For All Speakers, Presenters and Roundtable Participants
Ideas Stage

2:45 pm Engage & Energize Sponsored by Zeel Networks, Inc.
Ponce de Leon Foyer

PONCE DE LEON II

3:00 pm Knowledge Workshop: Sponsored by The Matrixx Power SuitCompany

The Surprising Way Wearable Technology Improves your Health & Performance
with **Calvin Stewart**

4:00 Knowledge Workshop: Sponsored by Wellness for Cancer & Biologique Recherche

Reconstructing Self: When Skin Health, Beauty and Wellness are Disrupted
with **Julie Bach** and **Rupert Schmid**

5:00 pm Knowledge Workshop: Sponsored by Aromatherapy Associates

The Art of Living Well: The Hour before Bed & the Hour after You Rise Can Yield Amazing Results
with **Christina Salcedas** and **Tracey Woodward**

5:45 pm Meeting: All Press Delegates Ponce de Leon I

6:00 pm Meeting: All Initiative Chairs and Vice-Chairs Mediterranean Ballroom

6:30 pm Meeting: All Initiative Chairs and Vice-Chairs with their Committee Members Mediterranean Ballroom

7:00 pm Gathering for All First-Time Delegates: Become Acquainted with the Global Wellness Summit Format and Leadership Ideas Stage

7:30 - 9:30 pm Opening Reception *Welcome to Living a Well Life!*
Sponsored by The Breakers Palm Beach The Breakers South Pool

9:30 pm Robert Michael de Stefano: The DreamKit Beauty Sleep Ritual – Home Practice Demonstration Sponsored by Longeva Magnolia Room

PONCE DE LEON III

3:00 pm Knowledge Workshop: Sponsored by Universal Companies

The Origin of Wellness: Self-Acceptance
with **Sydney Peltier, M.S.**

4:00 pm Knowledge Workshop: Sponsored by Delos Living LLC

Healthy Building Design: Why It's a Smart Decision for Businesses and Investors
with **Alfredo Carvajal** and **Whitney Gray, PhD**

5:00 pm Knowledge Workshop: Sponsored by Technogym

Wellness, Travel & Technology: Connected for Success
with **Mauro Nava**

MONDAY, OCTOBER 9, 2017

DAY 1 SNAPSHOT

- 6:15 am Weight Watchers Flow on the Beach**
Sponsored by Weight Watchers South Porte Cochere
- 7:00 am Chris Jordan: 7-Minute Workout** Salon Gold Room
- 7:00 am Breakfast** The Circle Ballroom or The Beach Club Restaurant
- 8:00 am Summit Concierge & Registration Open** Ponce de Leon Foyer

ON THE IDEAS STAGE

- 9:00 am Louie Schwartzberg:** *Living a Well Life: Nature as Guide*
- 9:20 am Susie Ellis:** *The Business of Living a Well Life, DNA of Our Organization and Outlook for the Future*
- 9:40 am Dr. Richard H. Carmona:** *The Imperative for a Well Life: 75 Percent of the Cost of Chronic Illness is Preventable*
- 10:00 am Garrett Kirk, Jr., Paul Leone, Denise Bober:**
Health & Well-Being: The Breakers' Story
- 10:20 am Chris Jordan:** *We Don't Need More Time...We Need More Energy!*
- 10:30 am Networking Energy Break** Ponce Promenade
Sponsored by Eminence Organic Skin Care
Book Signing with Dr. Richard H. Carmona
Bookstore Sponsored by BuDhaGirl LLC Foyer
- 11:00 am Debra Duneier:** *The Experience of Purposeful Interior Design*
- 11:05 am Katherine Johnston & Ophelia Yeung:** *Breaking Ground on Wellness Communities & Lifestyle Real Estate: Landmark Research from the Non-Profit Global Wellness Institute*
- 11:25 am Frits Dirk van Paasschen:** *Wellness in the Age of Disruption*
- 11:45 am Dr. Dean Ornish:** *The Transformative Power of Lifestyle Medicine*
- 12:05 pm Dr. Oz:** *The Plague of the Modern Era is Insanity*
- 12:25 pm Special Announcement for Delegates and Media**
Susie Ellis and Dr. Richard Carmona with contributing words from:
Dr. Elke Benedetto-Reisch, Elissa Epel, PhD, Mindy Grossman, Dr. Paul Limburg, Dr. Dean Ornish, Dr. Mehmet Oz, Dr. Michael Roizen, Louie Schwartzberg, Dr. Andrew Weil
- 12:45 pm Interactive Lunch: "Ask the Expert"**
Table Topic Discussions Venetian Ballroom
Sponsored by Canyon Ranch

ON THE IDEAS STAGE

2:00 pm General Session

Agapi Stassinopoulos: *Living a Well Life Begins & Ends with Your Heart*

Prof. Gerry Bodeker, PhD: *Mental Wellness: Many Roads to the Mountaintop*

Alia Crum, PhD:

Understanding the Positive Implications of the Placebo Effect

Dr. Anjan Chatterjee: *How Your Brain Decides What is Beautiful?*

Energy Boost
with **Chris Jordan**

COLLABORATION ROOM

Roundtable and Audience Q&A

Catalytic Collaboration: What Can We Accomplish Together That None of Us Can Accomplish On Our Own?
with **Dr. Richard H. Carmona**

Energy Boost
with **Breakers Wellness Champion**

3:30 pm Networking Energy Break Ponce Promenade

Book Signing with Dr. Anjan Chatterjee, Dr. Dean Ornish, Dr. Oz and Agapi Stassinopoulos

Bookstore Sponsored by BuDhaGirl LLC Foyer

4:00 pm

Clare Martorana: *A Realist's Guide to the Changing Digital World*

Sergio Pecorelli, MD, PhD: *The Beginning of Human Life and Prevention of Chronic Disease: Reframing the First 1,000 Days Paradigm*

Mohammad Gawdat: *Solve for Happy - Engineering Happiness*

Jan-Emmanuel De Neve, PhD:
Happiness at Work

Roundtable and Audience Q&A

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

ALL BACK TO THE IDEAS STAGE

5:30 pm Justin Brice Guariglia: *What Have We Wrought? The Price of Humankind's Path Towards Accelerated Modernization*

5:40 pm Alexia Brue & Melisse Gelula: *Millennials Are Not Wellness Newbies: Understanding What They Expect*

6:10 pm Book Signing with Mohammad Gawdat and Nancy Etcoff
Bookstore Sponsored by BuDhaGirl LLC Foyer

7:00 pm Evening Event – Dine around at The Breakers The Breakers' Restaurants

SOUTH PORTE COCHERE

9:00 pm

Justin Brice Guariglia:
Private Tour Norton Museum of Art
"Earth Works: Mapping the Anthropocene"

MAGNOLIA ROOM

Robert Michael de Stefano:
The DreamKit Beauty Sleep Ritual - Home Practice Demonstration
Sponsored by Longeva

TUESDAY, OCTOBER 10, 2017

DAY 2 SNAPSHOT

6:15 am **Weight Watchers Flow on the Beach**

Sponsored by Weight Watchers South Porte Cochere

7:00 am **Chris Jordan: Resistance Band Workout** Ocean Lawn

7:00 am **Breakfast** The Circle Ballroom or The Beach Club Restaurant

ON THE IDEAS STAGE

9:00 am **Louie Schwartzberg:** *Video by Moving Art*

9:10 am **Dr. Andrew Weil:** *How To Really Help People Make Healthy Lifestyle Choices*

IDEAS

COLLABORATION

SALON

9:30 am

**Mary Anne Malleret and
Thierry Malleret:**

*10 Good Reasons to Go
for a Walk and Other
Wellness Ideas*

Elissa Epel, PhD:

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

Ali Mostashari, PhD:

*DNA Testing: Under-
standing Results and
Exploring Opportunities*

**Roundtable and
Audience Q&A**

*Good News/Bad News:
Mental Wellness and
Technology with
Jared Weiner*

**Panel Discussion and
Audience Q&A**

*Making a Difference:
Social Impact and
Why It's More Important
Than Ever with
Dr. Richard H. Carmona*

10:30 am **Networking Energy Break** Sponsored by [comfort zone]

Ponce Promenade **Book Signing with Elissa Epel, PhD, Madelyn
Fernstrom, PhD, Louie Schwartzberg and Dr. Andrew Weil**
Bookstore Sponsored by BuDhaGirl LLC Foyer

11:00 am

**Kenneth R. Pelletier,
PhD, MD:** *Change Your
Genes, Change Your
Health: The New Science
of Epigenetics*

Ramesh Caussy, PhD:

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

**Roundtable Discussion
and Audience Q&A**

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

Q&A

with **Dr. Andrew Weil**

ALL BACK TO THE IDEAS STAGE

11:40 am **Clare Martorana:** *Connection Unplugged: Send a Note to Someone
You Love "Experience the World of Anna Griffin"*

11:45 am *Collaboration Jam!*

12:30 pm **VIP lunch with Thierry Malleret (GWI Ambassadors only)** Gulfstream III & IV

12:30 pm **Interactive Lunch with Select Table Topic Hosts**

Sponsored by Miraval Mediterranean Courtyard & The Circle Ballroom

IDEAS

2:00 pm

John Cohan: *Don't Forget about the Fun!*

Jack Groppe, PhD: *The Critical Key to Harnessing the Science of Human Performance*

Maggie Hsu: *Virtual Reality, Augmented Reality, Bitcoin and Blockchain for Wellness: Fad or Future?*

Paul Price: *WHAT IF - Imagining the Unimaginable Impact of Technology on Your Business*

COLLABORATION

Roundtable and Audience Q&A

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

SALON

Discussion and Audience Q&A

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

ALL BACK TO THE IDEAS STAGE

3:20 pm **Jessica Jesse:** *Beyond the Bangles: Ritual, Wellness and Letting Go*

3:30 pm **Break/Book Signing with Debra Duneier** **Sponsored by BuDhaGirl**

IDEAS

4:00 pm

Veronica Schreibeis Smith: *Wellness Architecture: From Environmental Health to Human Wellbeing*

Jie Wang: *Thermalism, Health Spas, Hydrotherapy and Climatotherapy in China*

Tiffany Field, PhD: *Massage Works Because It Changes Your Whole Physiology*

COLLABORATION

Roundtable and Audience Q&A

The Growth Impact of Wellness on the Big Business of Beauty with **Carolee Friedlander**

SALON

Panel Discussion and Audience Q&A

Are DNA and Biomarker Tests Ready for Prime Time? with **Kenneth R. Pelletier, PhD, MD**

ALL BACK TO THE IDEAS STAGE

5:10 pm **Dr. Michael Roizen:** *Living to 160*

5:30 pm **Belgin Aksoy Berkin:** *Wellness for Everyone. Emphasizing Happiness, Kids and Love*

5:35 pm **Wim Hof:** *The Ice Man Cometh: The Cause of Disease and Natural Solutions*

6:00 pm **Book Signing with Wim Hof and Dr. Michael Roizen**

Bookstore Sponsored by BuDhaGirl LLC Foyer

7:30 pm **A Celebration of the Elements "Gala"** Mediterranean/Venetian

WEDNESDAY, OCTOBER 11, 2017

DAY THREE SNAPSHOT

6:45 am Functional Movement and Mobility Workout Ocean Lawn

7:00 am Breakfast The Circle Ballroom or The Beach Club Restaurant

IDEAS

COLLABORATION

SALON

9:00 am

Louie Schwartzberg:

Video by Moving Art

Jan D. Freitag:

Hotels, Alternative Accommodations and Wellness

Nancy Davis: *Shark Tank of Wellness Student Competition*

Roundtable and Audience Q&A

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

Beauty2Wellness Research Report: Insights and Q&A

How Can Beauty Contribute to Wellness? Preliminary Findings from the Much-Anticipated Report with **Dr. Anjan Chatterjee**

Experience

Wim Hof: Going Deep with **Wim Hof**

10:30 am Networking Energy Break Sponsored by LEMI Ponce Promenade

11:00 am

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

Jeremy McCarthy:

Wellness in the Age of Technology

Dr. Marc Cohen: *Water, Wellness, Wealth and the Inner Well of Being*

Dr. Lisa Ishii: *Is There a Place for Plastic Surgery in the World of Wellness?*

Salete Chiamulera, PhD: *Experience*

Roundtable and Audience Q&A

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

Workshop and Q&A

Purpose-Driven Wellbeing and The Breakers Story with **Denise Bober** and **Jack Groppe, PhD**

Panel Discussion and Audience Q&A

Forecasting the Future of Fitness with **Sallie Fraenkel**

12:30 pm Relaxed Lunch Sponsored by Biologique Recherche
Ocean Lawn or Venetian Ballroom

ALL BACK TO THE IDEAS STAGE

- 1:30 pm** **Deborah Szekely:** *The View from 95*
- 1:50 pm** **David Bosshart, PhD:** *Wellness 2030 – Key Trends for a Growing Economy in a Rapidly Changing World*
- 2:10 pm** **Edie Weiner:** *The Crossroads of Science and Spirituality: Re-Defining the Well Life and Beyond*
- 2:30 pm** *Announcement of Award Winners*
- 3:15 pm** *A Commitment to Wellness Evidence*
- 3:30 pm** *Announcement of 2018 GWS Location!*
- 4:00 pm** *Champagne Toast*

THURSDAY, OCTOBER 12, 2017

POST-SUMMIT DAY SNAPSHOT

- 9:00 am** **Host a Future Summit** The Breakers Palm Beach Lobby
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 to request a time to meet on Thursday morning.
- Depart at leisure** **Living Wellness at Serenbe Trip**
Contact **Sallie Fraenkel** at sallie@mindbodyspiritnet.com
- Depart at leisure** **Chable: Shamanism Meets Luxury Trip**
Contact **Sallie Fraenkel** at sallie@mindbodyspiritnet.com
- Depart at leisure** **BodyHoliday: A Caribbean Getaway for Body and Mind Trip**
Contact **Sallie Fraenkel** at sallie@mindbodyspiritnet.com

GLOBAL WELLNESS SUMMIT

2017 FULL AGENDA

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SUNDAY, OCTOBER 8, 2017

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PRE-SUMMIT DAY DETAILS

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 percent discount); take a sightseeing tour by bicycle—a Breakers tradition; or visit The Flagler Museum. <i>Please see The Breakers concierge desk for more information.</i>
2:00 pm Bus arrives back at The Breakers Palm Beach	Conclusion of Quintessential Miami: An Urban Retreat with a Miami Vibe
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: 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

CHOICE OF TWO OPTIONS:

3:00 pm - 3:45 pm

Ponce de Leon III

Option 1 Knowledge Workshop
Sponsored by Universal Companies

The Origin of Wellness: Self-Acceptance

Join psychotherapist Sydney Peltier as she helps us take a look at self-acceptance as an origin of wellness in this educational and enlightening session. While esteem, image, and worth are absolutely necessary for a holistic view of self—they're not enough. In fact, if we solely rely on them and do not accept ourselves, we've totally missed the mark. This workshop explains how everyone is able to achieve an acceptance of self that calls forth long-lasting and transformational change, opening the door to true wellness. Those who are brave enough to question how well they know themselves and the world around them will not be disappointed.

Sydney Peltier, M.S., LPC-MHSP, Vice President, Clinical Services, Thriveworks, TN, U.S.

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

3:00 pm - 3:45 pm

Ponce de Leon II

Option 2 Knowledge Workshop
Sponsored by The Matrixx Power SuitCompany

The Surprising Way Wearable Technology Improves Your Health & Performance

It's time to stop tracking health and start improving health. Our patented wearable wellness technology is the lifestyle product of the future. This technology will improve the health of people around the world in many areas: medical, rehabilitation, physical therapy, obesity, elderly, athletics/professional sports, pilots and astronauts. Our technology has also caught the attention of NASA, which did performance data. Dr. Bijan Najafi, PhD, with Baylor College of Medicine, is currently doing an in-house clinical trial for diabetes patients. Join this workshop to learn more about this revolutionary technology.

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.

CHOICE OF TWO OPTIONS:

4:00 pm - 4:45 pm

Ponce de Leon III

Option 1 Knowledge Workshop
Sponsored by Delos Living LLC

Healthy Building Design: Why It's a Smart Decision for Businesses and Investors

Passive healthy building design interventions can impact all occupants and significantly increase workplace wellness program participation rates. Through human-centered buildings, physical spaces can encourage healthy behaviors—improving employee health, adding significant economic value to real estate assets, generating savings in personnel costs and enhancing the human experience. We will introduce research that connects health promotion initiatives to corporate value.

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.

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 leads us on a journey of reconstructing self during and after cancer therapy. For this workshop Bach hired abstract artist, Julie Fraenkel, to interview cancer patients. Fraenkel sketched four women based on how they felt about themselves. The results are astonishing. Discover the groundbreaking research Wellness for Cancer has commissioned on skin health, beauty, body image and their effect on well-being.

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.

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

Building on the coolest fitness trends and hottest consumer and luxury market insights, the presentation will explain how they reflect in wellness travel and how technology can play an enabling role to deliver a unique, connected wellness guest experience. The workshop will also highlight the strategic value of managing the entire guest journey through technology in a holistic way.

Mauro Nava, Sales Director & Global Key Account, Hospitality, Technogym, Italy

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

5:00 pm - 5:45 pm

Ponce de Leon II

Option 2 Knowledge Workshop
Sponsored by Aromatherapy Associates

The Art of Living Well: The Hour before Bed & the Hour after You Rise Can Yield Amazing Results

Sleep is still one of the most talked about concerns people have in modern society. Whether it's the quantity or quality we all aim to get as close to the best night's sleep as possible each night. However, with as few as one percent of the British population stating that they feel refreshed in the morning, it's time we looked at not just our sleeping habits but our morning habits, too. Can we help ourselves in the morning if we haven't had the best night's rest?

Christina Salcedas, Global Director of Education, Aromatherapy Associates, UK

Tracey Woodward, CEO, Aromatherapy Associates, UK

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

5:45 pm – 6:30 pm

Ponce de Leon I

Meeting: All Press Delegates

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.*

6:00 pm – 6:30 pm

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 Institute, U.S.

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

Beatrice Hochegger, Associate Manager, Events and Operations, Global Wellness Institute, U.S.

6:30 pm – 7:30 pm

Mediterranean Ballroom

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

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.

Yoriko Soma, President & CEO, Conceptasia Inc, Japan

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

2017 GWS Co-Chairs:

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

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

7:00 pm - 7:30 pm

Ideas Stage
Ponce de Leon IV, V, VI

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.

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

7:30 pm - 9:30 pm

The Breakers South
Pool

Opening Reception

Welcome to Living a Well Life!

**Sponsored by The Legendary Breakers Hotel
Palm Beach**

Set Against a Backdrop of Swaying Palm Trees and Ocean Waves, The Breakers Extends a Warm Welcome to Delegates of the 2017 Global Wellness Summit. Attire: Resort Casual

9:30 pm - 10:30 pm

Magnolia Room

The DreamKit Beauty Sleep Ritual - Home Practice Demonstration

Sponsored by Longeva, Space is Limited, Please RSVP to Hasti@Longeva.com

Interested in sleeping longer, sleeping deeper? It's easier than you might think. The secret—you simply need to remove sleep-robbing barriers before getting into bed. In this fun and informative workshop you will be introduced to the simple skills and tools you need to put insomnia to sleep. Please wear loose, comfortable clothes. Brought to you by Longeva, an industry leader in sleep wellness programs for destination spas, resorts and hotels. Space is limited so please RSVP to Hasti@Longeva.com.

Robert Michael de Stefano, Partner, Longeva, U.S.

MONDAY, OCTOBER 9, 2017

DAY 1 DETAILS

6:15 am - 7:00 am

South Porte Cochere

Weight Watchers Flow on the Beach

Sponsored by Weight Watchers

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

Featuring **Lee Holden**, an internationally known instructor in meditation, tai chi and qigong.

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, VI

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, VI

Welcome & Opening Remarks

The Business of Living a Well Life

DNA of Our Organization and Outlook for the Future

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

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

GLOBAL WELLNESS ECONOMY: \$3.7 trillion in 2015



Note: Numbers may not add due to overlap in segments. The thickness of the lines in the chart indicates the strength of the relationships and synergies between sectors.

Source: Global Wellness Institute, Global Wellness Economy Monitor, January 2017



GLOBAL WELLNESS
INSTITUTE™

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

Keynote

75 percent of the Cost of Chronic Illness is Preventable: The Imperative for a Well Life

Dr. Richard H. Carmona, 17th Surgeon General of the United States & Chief of Health Innovation, Canyon Ranch, U.S.

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

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., Executive Committee Member, 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, VI

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

Ponce Promenade

Foyer Bookstore

Networking Energy Break

Sponsored by Eminence Organic Skin Care

Book Signing

Bookstore Sponsored by BuDhaGirl LLC

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

11:00 am - 11:05 am

Ideas Stage

Ponce de Leon IV, V, VI

Brief Passion Moment

The Experience of Purposeful Interior Design

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

11:05 am - 11:25 am

Ideas Stage

Ponce de Leon IV, V, VI

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.

11:25 am - 11:45 am

Ideas Stage

Ponce de Leon IV, V, VI

Keynote

Wellness in the Age of Disruption

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

11:45 am - 12:05 pm

Ideas Stage

Ponce de Leon IV, V, VI

Keynote

The Transformative Power of Lifestyle Medicine

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

12:05 pm - 12:25 pm

Ideas Stage

Ponce de Leon IV, V, VI

Keynote

The Plague of the Modern Era is Insanity

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

12:25 pm

Ideas Stage

Ponce de Leon IV, V, VI

Special Announcement for Delegates and Media

Susie Ellis and **Dr. Richard Carmona** with contributing words from: **Dr. Elke Benedetto-Reisch**, **Elissa Epel, PhD**, **Mindy Grossman**, **Dr. Paul Limburg**, **Dr. Dean Ornish**, **Dr. Mehmet Oz**, **Dr. Michael Roizen**, **Louie Schwartzberg**, **Dr. Andrew Weil**

12:45 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.

Beauty

1. *Understanding Aesthetics and the Brain*, **Dr. Anjan Chatterjee**, Elliott Professor of Neurology, University of Pennsylvania, U.S.

2. *Facial Rejuvenation: The Very Latest*, **Dr. Doriana Cosgrove**, Founder, Desert Med Aesthetics, U.S.

3. *Innovation in Manicures & Pedicures: A Success Story*,

Bastien Gonzalez, President, BGA Pedi:Mani:Cure Studio by Bastien Gonzalez, France

4. *Plastic Surgery: Latest Trends*, **Dr. Lisa Ishii**, Associate Professor & Chief Quality Officer, Johns Hopkins School of Medicine, U.S.

5. *What is the Fragrance and Flavor of Wellness?*

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

6. *Beauty in Nature*, **Louie Schwartzberg**, Founder, Moving Art, U.S.

Business

7. *The Well: Business Results for the Largest Spa and Bathhouse in the Nordic Region*, **Espen Braaten**, CEO, The Well, Norway

8. *Conscious Capitalism, Conscious Leadership: Clearly Explained*, **Dr. Daniel Friedland**, CEO, SuperSmartHealth, U.S.

9. *Understanding the Luxury Consumer*, **Sue Harmsworth**, MBE, Chairman & Founder, ESPA International, UK

11. *Zappos and Holacracy: An Update*, **Maggie Hsu**, Adviser, Zappos.com, U.S.

12. *Simple Steps to Better Branding*, **Mia Kyricos**, President & CEO, Kyricos & Associates LLC, U.S.

13. *Servant Leadership: How to Make It Work*, **Paul Leone**, CEO, The Breakers Palm Beach, U.S.

14. *Revenue Management Made Easy*, **Jay Litt**, Principal, The Litt Group, U.S.

15. *The Slippery Slope to Snake Oil*, **Clare Martorana**, Digital Service Expert, United States Digital Service, U.S.

16. *Lunch with the GM of the Breakers*, **Tricia Taylor**, Senior Vice President & General Manager, The Breakers Palm Beach, U.S.

Education

17. *What Our Industry Could Do to Attract More Students to Go into Careers*, **Prof. Demian Hodari, PhD**, Associate Professor, Ecole Hôtelière de Lausanne (EHL), Switzerland

18. *Cornell Institute for Healthy Futures: A First to Combine Health, Hospitality and Design*, **Prof. Rohit Verma**, Executive Director, Cornell Institute for Healthy Futures, Cornell University, U.S.

Fitness

19. *Newest Fitness Trends*, **Tony de Leede**, Founder, Gwinganna Lifestyle Retreat, Australia

20. *The 7-Minute Workout Story*, **Chris Jordan**, Director, Exercise Physiology, Johnson & Johnson Human Performance Institute, U.S.

Genetic Testing

21. *How DNA and Big Data Can Personalize Lifestyle Choices*, **Raya Khanin, PhD**, Chief Science Officer, LifeNome Inc., U.S.

22. *Lifename: How This Personalization AI Platform Will Change the Future*, **Ali Mostashari, PhD**, CEO, LifeNome Inc., U.S.

24. *Genetics and Meditation*, **Lorena Puica**, Founder & CEO, iamYam Ltd., UK

Happiness

25. *Why Sweden Scores High in Happiness*, **Anna Bjurstam**, Vice President, Spas & Wellness, Six Senses Hotels Resorts Spas, Sweden

26. *Chief Happiness Officers: How They Can Affect the Bottom Line*, **Silvia Garcia**, Founder, Happiest Places to Work, U.S.

Investment

27. *What Is Today's Money Looking for?* **Omer K. Isvan**, President, Servotel Corporation, Turkey

28. *Investment Fund: What We Look for in Our Travel and Leisure Investments*, **Jared Melnik**, Principal, KSL Capital Partners, U.S.

Medical

29. *Balance Your Hormones, Balance Your Life*, **Mariacarla Bago**, Medical Director, Premier Family Health & Wellness, U.S.

30. *Concierge Medicine and Wellness*, **Dr. Daniel Cosgrove**, Director, Wellmax Center for Preventive Medicine, U.S.

Mental Wellness

31. *Transcendental Meditation: Why It Might Be the Missing Link to Behavior Change*, **Rona Abramson**, International Director, Transcendental Meditation for Women, U.S.

32. *Neuroenhancement: The Cutting Edge in Psychiatry and Wellness*, **Dr. Lawrence Choy**, Co-Founder & Medical Director, Elite Focus Clinic, U.S.

33. *Stanford Mind & Body Lab: The Latest in Successful Behavior Change*, **Alia Crum, PhD**, Assistant Professor of Psychology, Stanford University, U.S.

34. *Design, Media & Technology: How Creativity Adds to Wellness*, **Gina Diez Barroso de Franklin**, President & CEO, Grupo Diarq, Mexico

35. *Beyond Self Actualization to Transcendence: Maslow's Pyramid*, **Alina Hernandez**, Head, Development & Communications, The Pecos Program, U.S.

36. *Do You Spend More Time on Your Smartphone Than on Your Relationship?* **Sheila Josephson, PhD**, Psychotherapist, U.S.

37. *Brain Optimization: Reaching Peak Performance*, **Devon White**, Co-Founder & CEO, Field, LLC, U.S.

38. *Surviving Losing a Loved one to Suicide*, **Lauren Wright**, President, Debra Simon Family Foundation, U.S.

39. *Transformative Movement: Bring in More Play*, **Lisa Fasullo**, Founder & Director, Center for Transformative Movement, U.S.

Nutrition or Food

40. *True Food Kitchen Restaurants: Why They Have Been Such a Success*, **Richard Baxter**, Founding Partner, Weil Lifestyle, U.S.

42. *The Blueprint Juice Story*, **Erica Huss**, Founder, Husspitality, LLC, U.S.

43. *The "Vital" Mediterranean Diet: What Is It and Why Is It So Popular?* **Alcide Leali**, Managing Director, Lefay Resorts, Italy

44. *Nutrition: What Is Missing in the Global Conversation?* **Mary Tabacchi, PhD, RD**, Professor Emerita, Cornell University, U.S.

Personal Story

45. *Solving for Happiness: My Personal Story*, **Mohammad Gawdat**, Chief Business Officer, Google [X], U.S.

46. *Why I Don't Like the Term Bio-Hacking*, **Wim Hof**, Author, Athlete, Speaker, Inspirator, Innerfire BV, Netherlands

47. *The Wim Hof Method: What Is It Really?* **Laura Hof**, Co-Founder/Wim Hof Method, Founder/Innerfire, Netherlands

48. *Insight: What People Say is My Top Insight*, **Agapi Stassinopoulos**, Author & Speaker, *Wake Up to the Joy of You*, U.S.

Regional Insights

50. *South America and Spas: What's Happening Now*, **Dieter Brepohl**, CEO, Lapinha SPA, Brazil

52. *Russia: Opportunities in Spa & Wellness*, **Anna Clement**, Founder, Hotel-Detox-Bootcamp La Villa Plyos, Russian Federation

53. *Malaysia Update, Spa, Wellness and a very Successful Progressive Day Spa Business Model*, **CK (Chee Kwong) Low**, Managing Director, Skin Essentials (M) Sdn Bhd, Malaysia

54. *Differentiation: How to Create Relevant, Location Appropriate Spa Concepts to Drive Business*, **Amy McDonald**, Founder & CEO, Under a Tree Health and Wellness Consulting, U.S.

55. *Latvia: A Beacon of Productivity Success and What's Happening in Spas and Wellness*, **Alla Sokolova**, Founder & CEO, Inbalans, Latvia

56. *Japan: What's Trending in Spa & Wellness*, **Yoriko Soma**, President & CEO, Conceptasia Inc, Japan

Research

57. *Research Update: Saunas & Hot Springs*, **Dr. Marc Cohen**, Professor, RMIT University, Australia

58. *Why Female Mice Matter: How Research Affects Women's Health*, **Carolee Friedlander**, CEO & Founder, AccessCircles, LLC, U.S.

Retail

59. *The Elemis Growth Story: How to Reach Stratospheric Sales Figures*, **Sean Harrington**, CEO, ELEMIS, U.S.

60. *Retail and Wellness: New Ideas*, **Vivien Yeung**, Chief Strategy Officer, lululemon athletica, Canada

Social Impact

61. *Tips to Managing Your Social Image*, **Wendy Nierel-Bosalavage**, President, LIVunLtd, U.S.

63. *Partnering with Wellness for Cancer*, **Rupert Schmid**, Co-President, Biologique Recherche, France

Spa, Wellness & Hospitality

64. *Miraval: Innovations to Expect*, **Simon Marxer**, Corporate Director, Miraval Spas, Miraval Resort & Spa, U.S.

DAY 1 - MONDAY, OCTOBER 9

65. *Seabourn & Dr. Weil: Partnership Update*, **Chris Austin**, SVP, Global Marketing & Sales, Seabourn Cruise Line, U.S.

66. *Real Estate Outlook 2018: A Leading Entrepreneur Speaks*, **Dilip Barot**, Founder, Amrit Ocean Resort & Residences, U.S.

67. *Two Bunch Palms: Legends and The Next Chapter*, **Erica Chang**, Owner, Two Bunch Palms, U.S.

68. *Canyon Ranch: Our Future Focus*, **Susan Docherty**, CEO, Canyon Ranch, U.S.

69. *Accor Hotels: Vision for Well-Being and Luxury*, **Andrew Gibson**, Global Vice President, Well-Being, Luxury Brands, Accor Hotels Group, UAE

70. *Six Senses Hotels Resorts Spas: Outlook for Its Future*, **Neil Jacobs**, CEO, Six Senses Hotels Resorts Spas, Thailand

71. *Canyon Ranch: Why the Brand Has Always Been a Leader*, **Thomas Klein**, President & Chief Operating Officer, Canyon Ranch, U.S.

72. *Miraval's Future & Living With Intention*, **Carl Pratt**, Vice President & General Manager, Miraval Resorts, U.S.

73. *The Breakers Spa: What Today's Guests Want*, **Amy Retay**, Director of Spa Operations, The Breakers Palm Beach, U.S.

74. *Aman: Our Vision for Spa and Wellness*, **Nichola Roche**, Group Spa & Wellness Director, Aman, UK

Technology

76. *Massage on Demand: How Things Are Progressing*, **Samer Hamadeh**, Founder & CEO, Zeel Networks, Inc., U.S.

77. *Technology Opportunities That Spas Are Missing*, **Josh McCarter**, CEO, Booker Software, U.S.

78. *Technology and Jobs: The Future*, **Ted Souder**, Head of Industry, Retail, Google, U.S.

79. *eMindful: Combining Technology and Stress Reduction*, **Zev Suissa**, Chief Innovation Officer, Strategic Partnerships, eMindful, U.S.

Thermal Springs

80. *Thermal Projects in China: An Overview*, **Jie Wang**, Chairman, Chongqing Hakone Hot Spring & Thermalism Industry, China and **Yan Pu**, Foreign Business Manager, Oceanus (Shenzhen) Hydrotherapy Equipments & Engineering Co., Ltd., China

81. *Thermal Springs & the Younger Generation: What They Want*, **Marion Schneider**, CEO, Toskanaworld, Germany

Wellness Architecture

82. *EcoChi: Purposeful Interior Design*, **Debra Duneier**, President, EcoChi, LLC, U.S.

83. *Biophilic Design: What is It?* **Steve Nygren**, Founder, Serenbe, U.S.

Wellness Communities or Lifestyle Real Estate

84. *Lake Nona: Health, Wellbeing and So Much More*, **Gloria Caulfield**, Vice President, Strategic Alliances, Tavistock Development Company, U.S.

86. *Building Premier Luxury Communities: What Buyers Want*, **Lucia Hatfield**, Vice President, New Business Development Del Mar Development Los Cabos, Mexico

87. *Senior Living: The Business Case for Wellness*, **Colin Milner**, CEO, International Council on Active Aging, Canada

88. *Enlightened Real Estate: Bringing Wellness-Oriented Buildings and Communities to Life*, **Barry Scherr**, Author & Principal, Enlightened Real Estate, U.S.

Workplace Wellbeing

89. *2,000 Team Members at The Breakers: Moving from a Culture of Paycheck to a Culture of Purpose*, **Denise Bober**, Vice President, Human Resources, The Breakers Palm Beach, U.S.

90. *Workplace Wellness: Top Executives Should Be Like Top Athletes*, **Saskia Kunst**, Founder & CEO, Consiglio Corporate Development, Netherlands

91. *Dissonance between Wellness and Workplace Policies*, **Thierry Malleret**, Co-Founder, Well Intelligence, Co-Founder, The Monthly Barometer, France

92. *Social Impact: Why and How?* **Garrett Kirk, Jr.**, Executive Committee Member, The Breakers Palm Beach, U.S.

93. *Digital Marketing Mistakes*, **Paul Price**, Group CEO, CoCreativ, U.S.

94. *Science of Channeling Nature's Energy for Top Performance*, **Michelle Roark**, Founder/CEO, Phia Lab, U.S.

2:00 pm – 3:30 pm

2 OPTIONS: IDEAS STAGE OR COLLABORATION ROOM

ON THE IDEAS STAGE

2:00 pm – 3:30 pm

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

Living a Well Life Begins & Ends with Your Heart

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

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.

Keynote

Understanding the Positive Implications of the Placebo Effect

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

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.

Energy Boost

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

IN THE COLLABORATION ROOM

2:00 pm - 3:20 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, 17th Surgeon General of the United States & Chief of Health Innovation, Canyon Ranch, U.S.

Participants:

Dr. Vincent Apicella, Medical Director, Premier Family Health & Wellness, U.S.

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.

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

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

Mindy Grossman, President & CEO, Weight Watchers International, Inc, U.S.

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

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. 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.

Energy Boost

With a **Breakers Wellness Champion**

3:30 pm - 4:00 pm

Ponce Promenade

Networking Energy Break

3:30 pm - 4:00 pm
Ponce Foyer Bookstore

Book Signing
Bookstore Sponsored by BuDhaGirl LLC

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

Dr. Dean Ornish, Founder & President, Preventive Medicine Research Institute, U.S., Author of *The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health*

Dr. Oz, Host, *The Dr. Oz Show* & Professor of Surgery, Columbia University, U.S., Author of *Food Can Fix It: The Superfood Switch to Fight Fat, Defy Aging, and Eat Your Way Healthy*

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

4:00 pm - 5:30 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, VI

Keynote
A Realist's Guide to the Changing Digital World

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

Keynote
The Beginning of Human Life and Prevention of Chronic Disease: Reframing the First 1,000 Days Paradigm

Sergio Pecorelli, MD, PhD, Academic & Surgeon, University of Brescia, Italy

Keynote
Solve for Happy - Engineering Happiness

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

Keynote
Happiness at Work

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, CEO & Founder, LifeSquare, U.S.

Participants:

Ricardo Chance, Managing Director, KPMG Corporate Finance LLC, U.S.

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

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

John Cohan, CEO, Margaritaville Holdings LLC, U.S.

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

Susan Docherty, CEO, Canyon Ranch, 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

Thierry Malleret, Co-Founder, *The Monthly Barometer* & Co-Founder, Well Intelligence, France

Jared Melnik, Principal, KSL Capital Partners, U.S.

Yoriko Soma, President & CEO, Conceptasia Inc, Japan

Amelia Yao, Founder, Wellness Department, Hanshi Investment and Management Ltd. Co, China

5:30 pm

ALL BACK TO THE IDEAS STAGE

5:30 pm - 5:40 pm

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

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

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

5:40 pm - 6:00 pm

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

Millennials Are Not Wellness Newbies: Understanding What They Expect

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

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

6:00 pm

Foyer Bookstore

Book Signing

Bookstore Sponsored by BuDhaGirl LLC

Mohammad Gawdat, Chief Business Officer,
Google [X], U.S., Author of *Solve for Happy:
Engineer Your Path to Joy*

7:00 pm - 9:00 pm

The Breakers'
Restaurants:

Echo
Flagler Steakhouse
HMF
Seafood Bar

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

Evening Event – Dine around at The Breakers
“Breaking Bread: Dine with Friends, Old and New”

Delegates that will dine at the Echo Restaurant—
please meet at Ponce Porte Cochere at 6:50 pm
for a short coach ride

Delegates that will dine at the Flagler Steakhouse
—Please meet at the Front Fountain of the main
entrance at 6:50 pm for a short coach ride

Attire: Resort Casual/Please Bring Your Name Tag

CHOICE OF TWO OPTIONS:

8:45 pm – 10:00 pm

Meet at South Porte
Cochere for a very short
coach ride at 8:45 pm

OPTION 1: Private Tour Norton Museum of Art
“Earth Works: Mapping the Anthropocene”

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

9:00 pm – 10:00 pm

Gulfstream III & IV

OPTION 2: The DreamKit Beauty Sleep Ritual
- Home Practice Demonstration

**Sponsored by Longeva, Space is Limited, Please
RSVP to Hasti@Longeva.com**

*Interested in sleeping longer, sleeping deeper? It's
easier than you might think. The secret—you simply
need to remove sleep-robbing barriers before get-
ting into bed. In this fun and informative workshop
you will be introduced to the simple skills and tools
you need to put insomnia to sleep. Please wear
loose, comfortable clothes. Brought to you by Lon-
geva, an industry leader in sleep wellness programs
for destination spas, resorts and hotels. Space is
limited so please RSVP to
Hasti@Longeva.com.*

Robert Michael de Stefano, Partner, Longeva, U.S.

TUESDAY, OCTOBER 10, 2017

DAY 2 DETAILS

6:15 am – 7:00 am

South Porte Cochere

Weight Watchers Flow on the Beach

Sponsored by Weight Watchers

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

Featuring **Lee Holden**, an internationally known instructor in meditation, tai chi and qigong.

7:00 am – 7:30 am

Ocean Lawn

Bad Weather Backup:
Magnolia 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

9:00 am – 9:10 am

Ideas Stage
Ponce de Leon IV, V, VI

Opening

Video by Moving Art

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

9:10 am – 9:30 am

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

How to Really Help People Make Healthy 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, VI

Keynote

10 Good Reasons to Go for a Walk and Other Wellness Ideas

Mary Anne Malleret, Director, *The Monthly Barometer*, France

Thierry Malleret, Co-Founder, *The Monthly Barometer* & Co-Founder, Well Intelligence, France

Keynote

The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer

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

Keynote

DNA Testing: Understanding Results and Exploring Opportunities

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

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, International Director, Transcendental Meditation for Women, U.S.

Nancy Board, Co-Founder, Global Women 4 Well-being, U.S.

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

Deborah 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.

Dr. Daniel Friedland, CEO, SuperSmartHealth, U.S.

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

Alina Hernandez, Head, Development and Communications, The Pecos Program, U.S.

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

Tracy Middleton, Health Director, *Women's Health* magazine, U.S.

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

Sergio Pecorelli, MD, PhD, Academic & Surgeon, University of Brescia, Italy

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

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

Devon White, Co-Founder & CEO, Field LLC, U.S.

IN THE SALON

9:30 am - 10:30 am

Salon
Gold Room

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**, 17th Surgeon General of the United States & Chief of Health Innovation, 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.

Wendy Nierel-Bosalavage, President, LIVunLtd, 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., Founder, "Massage Makes Me Happy" campaign, U.S.

10:30 am - 11:00 am

Ponce Promenade

Ponce Foyer
Bookstore

Networking Energy Break

Sponsored by [comfort zone]

Book Signing

Bookstore Sponsored by BuDhaGirl LLC

Elissa Epel, PhD, Professor, Department of Psychiatry, University of California, San Francisco, U.S., Author of *The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer*

Madelyn Fernstrom, PhD, Senior Health & Wellness Advisor, NBCUniversal, U.S., Author of *Don't Eat This If You're Taking That: The Hidden Risks of Mixing Food and Medicine*

Louie Schwartzberg, Founder, Moving Art, U.S., Author of *Mindful Intentions*

Dr. Andrew Weil, Founder & Director, Arizona Center for Integrative Medicine, U.S., Author of *Mind Over Meds: Know When Drugs Are Necessary, When Alternatives Are Better—and When to Let Your Body Heal on Its Own*

11:00 am - 11:40 am

3 OPTIONS: IDEAS STAGE, COLLABORATION OR SALON

ON THE IDEAS STAGE

11:00 am - 11:40 am

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

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

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

Keynote

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

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

IN THE COLLABORATION ROOM

11:00 am - 11:35 am

Collaboration Room
Ponce de Leon I, II III

Roundtable 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.

Sandra Ballentine, Beauty & Health Editor-at-Large, Conde Nast/*W Magazine*, U.S.

Nils Behrens, Chief Marketing Officer, Lanserhof Group, Germany

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

Annabeth Eschbach, President & CEO, Exhale Enterprises, Inc., U.S.

Sharon Kolkka, General Manager & Wellness Director, Gwinganna Lifestyle Retreat, Australia

CK (Chee Kwong) Low, Managing Director, Skin Essentials (M) Sdn Bhd, Malaysia

Robin Mauras-Cartier, Regional Director, Spa & Wellness, The Set Hotels, UK

Diana F. Mestre, Director & Owner, Mestre & Mestre Spa & Wellness Consulting, Mexico

DAY 2 - TUESDAY, OCTOBER 10

Nichola Roche, Global Spa & Wellness Director, Aman, UK

Karina Stewart, Founder, Brand & Concept Director, Kamalaya Koh Samui, Thailand

Todd Walter, President & CEO, Red Door Spa Holdings, U.S.

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 **Erica Orange** Executive Vice President & COO, The Future Hunters, U.S.

11:40 am

ALL BACK TO THE IDEAS STAGE

11:40 am - 11:45 am

Ideas Stage
Ponce de Leon IV, V, VI

Passion Moment

Connection Unplugged: Send a Note to Someone You Love "Experience the World of Anna Griffin"

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

11:45 am - 12:30 pm

Ideas Stage
Ponce de Leon IV, V, VI

Collaboration Jam!

Spotlight on Sponsors

12:30 pm - 2:00 pm

Gulfstream III & IV

VIP Lunch with Speaker

World-Renowned Economist **Thierry Malleret**, Co-Founder, *The Monthly Barometer* & Co-Founder, Well Intelligence, France

Mergers and Acquisitions: Hyatt Buys Miraval and Exhale, The Hut Group Acquires ESPA, Amazon Buys Whole Foods. What's Next?

(Invitation-only for Ambassadors of the non-profit Global Wellness Institute. See registration desk for information about becoming an Ambassador or sign up at <https://donatenow.networkforgood.org/globalwellnessinstitute>.)

12:30 pm - 2:00 pm

Mediterranean
Courtyard & The Circle
Ballroom

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

Join a discussion topic of your choice. Each table in the Mediterranean Courtyard is hosted by a leader from one of the non-profit Global Wellness Institute's Initiatives.

1. *Africa Wellness Initiative, **Sandra Chadehumbe**, CEO, Well Nation Africa, South Africa*
2. *Beauty Meets Wellness Initiative, **Michael Bruggeman**, CEO & Chief Formulation Officer, OM4 Organic Male, U.S.*
3. *Beauty Meets Wellness Initiative, **Mark Wuttke**, President & COO, North America, BABOR, U.S.*
4. *Consulting Best Practices Initiative, **Lisa Starr**, Senior Consultant, Wynne Business, U.S.*
5. *Digital Wellness Initiative, **Jeremy McCarthy**, Group Director of Spa & Wellness, Mandarin Oriental Hotel Group, Hong Kong*
6. *Eastern European Initiative, **Alla Sokolova**, Founder & CEO, Inbalans, Latvia*
7. *Exploring Salt and Halotherapy Initiative, **Steve Spiro**, CEO, Global Halotherapy Solutions, U.S.*
8. *Global Mentorship Program Initiative, **Jean-Guy de Gabriac**, Founder & CEO, TIP TOUCH International, Belgium*
9. *Immersion Initiative, **Sallie Fraenkel**, President, Mind Body Spirit Network, U.S.*
10. *Hot Springs Initiative, **Amy McDonald**, Owner & Principal, Under a Tree Health and Wellness Consulting, U.S.*
11. *Hot Springs Initiative, **Mark Hennebry**, Vice Chairman, Danubius Hotel Group, UK*
12. *Hydrothermal Initiative, **Don Genders**, CEO, Design for Leisure, U.S.*
13. *Massage Makes Me Happy Initiative, **Lynda Solien-Wolfe**, Vice President of Massage and Spa, Performance Health, U.S.*
14. *Mental Wellness Initiative, **Alina Hernandez**, Head, Development and Communications, The Pecos Program, U.S., and **Dr. Daniel Friedland**, CEO, SuperSmartHealth, U.S.*

12:30 pm - 2:00 pm

Mediterranean
Courtyard & The Circle
Ballroom

15. *Mental Wellness Initiative*, **Nancy Board**, Co-Founder, Global Women 4 Wellbeing, U.S.
16. *Social Impact Initiative*, **Jennifer Cabe**, Vice President, Health Literacy and Social Impact, Rockport Healthcare Services, U.S.
17. *Social Impact Initiative*, **Wendy Nierel-Bosalavage**, President, LIVunLtd, U.S.
18. *Sustainability Initiative*, **Bonnie Baker**, Managing Partner & Co-Founder, Satteva Spa and Wellness Concepts, Mexico
19. *Wellness Architecture Initiative*, **Veronica Schreibeis Smith**, CEO & Founding Principal, Vera Iconica Design, U.S.
20. *Wellness at Work Initiative*, **Renee Moorefield, PhD**, CEO, Wisdom Works Group, U.S.
21. *Wellness Communities Initiative*, **Mia Kyricos**, President & CEO, Kyricos & Associates, LLC, U.S.
22. *Wellness & Government Initiative*, **Guillaume Lefevre**, President & Co-Founder, THEMAE Paris, France
23. *Wellness for Cancer Initiative*, **Julie Bach**, Executive Director, Wellness for Cancer, U.S.
24. *Wellness for Children Initiative*, **Christine Clinton**, Chair, Global Wellness for Children, U.S.
25. *Women in Leadership Initiative*, **Sara Jones**, Managing Director & Editor, *Spa & Wellness MexiCaribe*, Mexico
26. *Women in Leadership Initiative*, **Joanne Berry**, Founder, Spa Remedies, U.S.
27. *World Retreat Initiative*, **Dr. Marc Cohen**, Professor, RMIT University, Australia
28. *Wellness Tourism Initiative*, **Andrew Gibson**, Global Vice President, Well-Being, Luxury Brands, Accor Hotels Group, UAE, and **Katherine Droga**, Founder, Droga & Co., Australia

2:00 pm – 3:00 pm

4 OPTIONS: IDEAS, COLLABORATION, SALON or GULFSTREAM V

ON THE IDEAS STAGE

2:00 pm – 3:20 pm

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

Don't Forget about the Fun!

John Cohlan, CEO, Margaritaville Holdings LLC, U.S.

Keynote

The Critical Key to Harnessing the Science of Human Performance

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

Keynote

Virtual Reality, Augmented Reality, Bitcoin and Blockchain for Wellness: Fad or Future?

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

Keynote

WHAT IF - Imagining the Unimaginable Impact of Technology on Your Business

Paul Price, Group CEO, CoCreativ, U.S.

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:

Jeffrey Abramson, Partner, The Tower Companies, U.S.

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

Luigi Angelini, Communication, PR & Institutional Relations, Wellness Foundation, Italy

Gloria Caulfield, Vice President, Strategic Alliances, Tavistock Development Company, U.S.

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

Thomas Klein, President & Chief Operating Officer, Canyon Ranch, U.S.

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

DAY 2 - TUESDAY, OCTOBER 10

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

Steve Nygren, Founder, Serenbe, U.S.

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

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

Prof. Rohit Verma, Executive Director, Cornell Institute for Healthy Futures Cornell University, U.S.

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

IN THE SALON

2:00 pm - 3:00 pm

Salon
Gold Room

Discussion and Audience Q&A

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

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

Participants:

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

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

Camilla Soeril, Owner, Canica AS, Norway (Norway is now the world's happiest country, according to the 2017 World Happiness Report)

IN GULFSTREAM V

2:00 - 2:30 pm

Gulfstream V

Experience: Mindfulness

Mindy Marie Cracraft, Health & Wellness Advisor, Sterling Wellness Solutions, U.S.

3:20 pm

ALL BACK TO THE IDEAS STAGE

3:20 pm - 3:30 pm

Ideas Stage
Ponce de Leon IV, V, VI

Passion Moment

Beyond the Bangles: Ritual, Wellness and Letting Go

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

3:30 pm - 4:00 pm

Ponce Promenade
Ponce Foyer
Bookstore

Networking Energy Break

Book Signing

Bookstore Sponsored by BuDhaGirl LLC

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

4:00 pm - 5:00 pm

3 OPTIONS: IDEAS STAGE, COLLABORATION ROOM OR SALON

ON THE IDEAS STAGE

4:00 pm - 5:00 pm

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

Wellness Architecture: From Environmental Health to Human Wellbeing

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

Keynote

Thermalism, Health Spas, Hydrotherapy and Climatotherapy in China

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

Interview

Massage Works Because It Changes Your Whole Physiology

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

Interviewed by **CG Funk**, Global Director, Funk Consulting, U.S.

COLLABORATION ROOM

4:00 pm - 5:00 pm

Ponce de Leon I, II III

Roundtable and Audience Q&A

The Growth Impact of Wellness on The Big Business of Beauty

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

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.

Boldijarre Koroncay, President, Master Trainer, Eminence Organic Skin Care, Canada

DAY 2 - TUESDAY, OCTOBER 10

Deborah Lippmann, Founder, Deborah Lippmann, U.S.
Christian Mas, CEO, Sothys Paris, France
Paul Price, Group CEO, CoCreativ, U.S.
Rupert Schmid, Co-President, Biologique Recherche, France
Yoriko Soma, President & CEO, Conceptasia Inc, Japan

IN THE SALON

4:00 pm - 5:00 pm

Salon
Gold Room

Panel Discussion and Audience Q&A

Are DNA and Biomarker Tests Ready for Prime Time?

Moderator: Kenneth R. Pelletier, PhD, MD, 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.

Raya Khanin, PhD, Chief Science Officer, LifeNome Inc., U.S.

Lorena Puica, Founder & CEO, iamYam Ltd, UK

5:10 pm

ALL BACK TO THE IDEAS STAGE

5:10 pm - 5:30 pm

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

Living to 160

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

5:30 pm - 5:35 pm

Ideas Stage
Ponce de Leon IV, V, VI

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

5:35 pm - 6:00 pm

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

The Ice Man Cometh: The Cause of Disease and Natural Solutions

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

6:00 pm

Foyer Bookstore

Book Signing

Bookstore Sponsored by BuDhaGirl LLC

Wim Hof, Author, Athlete, Speaker, Inspirator, Innerfire BV, Netherlands, Author of *The Way of the Iceman: How the Wim Hof Method Creates Radiant, Longterm Health—Using the Science and Secrets of Breath Control, Cold-Training and Commitment*

Dr. Michael Roizen, Chief Wellness Officer, Cleveland Clinic, U.S., Author of *AgeProof: Living Longer Without Running Out of Money or Breaking a Hip*

7:30 pm - 11:30 pm

Mediterranean Ballroom
and Venetian Ballroom

A Celebration of the Elements “Gala”

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

Attire: Resort Evening Wear

WEDNESDAY, OCTOBER 11, 2017

DAY 3 DETAILS

6:45 am – 7:30 am

Ocean Lawn

Bad Weather Backup:
Gulfstream III

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, VI

Opening

Video by Moving Art

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

9:05 am – 10:30 am

3 OPTIONS: IDEAS STAGE, COLLABORATION OR SALON

ON THE IDEAS STAGE

9:05 am – 9:25 am

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

Hotels, Alternative Accommodations and Wellness

Jan D. Freitag, Senior Vice President, STR, Inc., U.S.

9:25 am – 10:30 am

Ideas Stage
Ponce de Leon IV, V, VI

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, Jacqueline Piotaz Switzerland AG and ResortSuite.

Moderators:

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

Lena Bouton, Marketing & Communications Specialist, Global Wellness Summit, U.S.

Finalists:

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

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

Student: Maria Gil, École Hôtelière de Lausanne, Switzerland

Professor: Demian Hodari, École Hôtelière de Lausanne, Switzerland

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

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

Judging Panel:

Tracey Chappell, Senior Vice President, 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, Jacqueline Piotaz Switzerland AG, Switzerland

Frank Pitsikalis, Founder & CEO, ResortSuite, Canada

Michael Pugliese, Owner & CEO, Circadia by Dr. Pugliese

IN THE COLLABORATION ROOM

9:00 am - 10:20 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: Veronica Schreibeis Smith, CEO & Founding Principal, Vera Iconica Architecture, U.S.

Participants:

Jeffrey Abramson, Partner, The Tower Companies, U.S.

Alfredo Carvajal, President, Delos International & Signature Program, Delos Living LLC, U.S.

Anthony DiGuiseppe, Principal, DiGuiseppe 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.

Stephen Marks, Partner, Trowers & Hamlin LLP, UK

Lindsay S. Burgess, Principal, Enlightened Real Estate, U.S.

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

Sylvia Sepielli, Founder, Sylvia Planning And design (SPAd), U.S.

Dr. Talavane Krishna, Founder & President, Indus Valley Ayurvedic Centre, U.S.

Liz Terry, CEO, Leisure Media & Editor, *CLADmag*

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

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 Pennsylvania, U.S.

9:45 am - 10:30 am

Salon
Gold Room

Experience

Going Deep: A Challenging Experience with Wim Hof

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

10:30 am - 11:00 am

Ponce Promenade

Networking Energy Break

Sponsored by LEMI

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

11:00 am - 12:30 pm

ON THE IDEAS STAGE

11:00 am - 12:30 pm

Ideas Stage
Ponce de Leon IV, V, VI

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.

Keynote

Wellness in the Age of Technology

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

Keynote

Water, Wellness, Wealth and the Inner Well of Being

Dr. Marc Cohen, Professor, RMIT University, Australia

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.

Experience

Salete Chiamulera, PhD, World Famous Pianist, Brazil

IN THE COLLABORATION ROOM

11:00 am - 12:15 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: Jared Weiner, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

Participants:

Karen Asp, Freelance Journalist, U.S.

Sandra Ballentine, Beauty & Health Editor-at-Large, Conde Nast/*W Magazine*, U.S.

Abbey Stone, Well+Good's Senior Health Editor

Theresa DiMasi, Vice President, Content & Editor-in-Chief, Weight Watchers International, Inc., U.S.

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

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

Sheryl Kraft, Freelance Health Writer, U.S.

Tracy Middleton, Health Director, *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.

Jessica Smith, Trends Researcher, LS:N Global/The Future Laboratory, UK

IN THE SALON

11:00 am - 11:35 am

Salon
Gold Room

Workshop and Q&A

Purpose-Driven Wellbeing and The Breakers Story

Denise Bober, Vice President, Human Resources, The Breakers Palm Beach, U.S.

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

11:40 am - 12:20 pm

Salon
Gold Room

Panel Discussion and Audience Q&A

Forecasting the Future of Fitness

Moderator: Sallie Fraenkel, President, Mind Body Spirit Network, U.S.

Amir Alroy, Co-Founder & Professional Director, All Well, Israel

Enrico Bracesco, Global Commercial Director, Technogym, Italy

Lynne G. Brick, President, Brick Bodies Fitness Services, Inc., U.S.

Tony de Leede, Founder, Gwinganna Lifestyle Retreat, Australia

Deepak Dewan, Chairman & Managing Director, Cardio Fitness India Pvt. Ltd., India

Kimberly Fowler, Founder & CEO, YAS Fitness Centers, U.S.

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

Jaime Wall, Chairwoman of Board & Investor, Pure Barre, U.S.

Yamuna Zake, Founder & Creator, Yamuna, U.S.

12:30 pm - 1:30 pm

Ocean Lawn or
Venetian Ballroom

Relaxing Lunch

Sponsored by Biologique Recherche

1:30 pm

ALL BACK TO THE IDEAS STAGE

1:30 pm - 1:50 pm

Ideas Stage
Ponce de Leon IV, V, VI

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.

1:50 pm - 2:10 pm

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

Wellness 2030 - Key Trends for a Growing Economy in a Rapidly Changing World

David Bosshart, PhD, CEO, Gottlieb Duttweiler Institute, Switzerland

2:10 pm - 2:30 pm

Ideas Stage
Ponce de Leon IV, V, VI

Keynote

The Crossroads of Science and Spirituality: Redefining the Well Life and Beyond

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

2:30 pm – 3:15 pm

Ideas Stage
Ponce de Leon IV, V, VI

Passion Moment of Award Winners

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

Representing the Judging Panel:

Tracey Chappell, Senior Vice President, 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
Jacqueline Piotaz Cosmetics AG, Switzerland

Frank Pitsikalis, Founder & CEO, ResortSuite, Canada

Michael Pugliese, Owner & CEO, Circadia by Dr. Pugliese, U.S.

Global Wellness Awards

Leader in Innovation:

Presenting GWS Advisory Board Member: Tony de Leede, Founder, Gwinganna Lifestyle Retreat, Australia

Award Sponsor: Sammy Gharieni, CEO & Founder, Gharieni Group, Germany

Leader in Sustainability:

Presenting GWS Advisory Board Member:

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

Award Sponsor: Alberto Uggetti, Vice President & General Manager, UL Environment, U.S.

Leading Woman in Wellness:

Presenting GWS Advisory Board Member: Yoriko Soma, President & CEO, Conceptasia Inc, Japan

Award Sponsor: Miriam Senft, President & CEO, Motivity Partnerships, Inc., U.S.

Leader in Workplace Wellness:

Presenting GWS Advisory Board Member:

Mia Kyrigos, President & CEO, Kyrigos & Associates LLC, U.S.

Award Sponsor: Josh McCarter, CEO, Booker Software, U.S.

Debra Simon Award for Leader in Furthering Mental Wellness:

Presenting GWS Advisory Board Member: Gina Diez Barroso de Franklin, President & CEO, Grupo Diarq, Mexico

Award Sponsor: Lauren Wright, President, Debra Simon Family Foundation & Daughter of Debra Simon, U.S.

Leader in Social Impact:

Presenting GWS Advisory Board Member: Omer K. Isvan, President, Servotel Corporation, Turkey

Award Sponsor: Dilip Barot, Founder, Amrit Ocean Resort & Residences, U.S.

3:15 pm – 3:30 pm

Ideas Stage
Ponce de Leon IV, V, VI

General Session

A Commitment to Wellness Evidence

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

Dr. Daniel Friedland, CEO, SuperSmartHealth, U.S.

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

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

3:30 pm – 3:55 pm

Ideas Stage
Ponce de Leon IV, V, VI

Announcement of 2018 GWS Location!

4:00 pm

Ideas Stage
Ponce de Leon IV, V, VI

Champagne Toast

Sponsored by Aloys F. Dornbracht GmbH & Co. KG
with Mr. Dornbracht

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 of the Global Wellness Summit, regarding what's involved in hosting a future Summit.

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

Depart at your leisure

For questions, contact
Sallie Fraenkel at
sallie@mindbodyspirit-net.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 well-being and education for awareness.

Depart at your leisure

For questions, contact
Sallie Fraenkel at
sallie@mindbodyspirit-net.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 its Tequila collection, which is rumored to be the largest in the world!

Depart at your leisure

For questions, contact
Sallie Fraenkel at
sallie@mindbodyspirit-net.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 AND OTHER ATTENDING MEDIA:

.....

Karen Asp, Freelance Journalist, U.S.

Sandra Ballentine, Beauty & Health Editor at Large, Conde Nast/*W Magazine*, U.S.

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

Julie Keller Callahan, Editor-in-Chief, *American Spa* magazine, U.S.

Sarah Camilleri, Publisher & Editor-in-Chief, *European Spa* magazine, UK

Elisabeth Doehring, Human Resources Wellness Journalist, U.S.

Theresa DiMasi, Vice President, Content & Editor-in-Chief, Weight Watchers International, Inc., U.S.

Anne Dimon, Founder, Travel to Wellness; Journalist, *Travel Market Report*, U.S.

Hildegarde Dorn-Petersen, Journalist, *Hotel Consult*, Germany

Lauren Doyle, Senior Manager, Communications, *Women's Health* magazine, U.S.

Nora Elias, Editor, *World Spa & Wellness* magazine, UK

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

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

Sara Jones, Editor-in-Chief, *Spa and Wellness MexiCaribe*, Mexico

Jane Kitchen, Managing Editor, *Spa Business* magazine, UK

Sheryl Kraft, Freelance Health Writer, U.S.

Jeanne Lawrence, Columnist, New York Social Diary, U.S.

Bev Maloney-Fischback, Publisher & Editor, *Organic Spa* magazine, U.S.

Tracy Middleton, Health Director, *Women's Health* magazine, U.S.

Ian Parkes, Journalist, *European Spa* magazine, UK

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

Michelle Reeve, Writer, *Spa + Clinic* magazine, Australia

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

Astrid Ros, Publisher, *Spa Business & Spa Opportunities*, UK

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

Jessica Smith, Trends Researcher, LS:N Global/The Future Laboratory, UK

Lisa Starr, Freelance Writer & Editor, U.S.

Abbey Stone, Senior Editor, Well+Good, U.S.

Liz Terry, CEO, *Leisure Media & CLADglobal*

Jay Williams PhD, Contributor, Thrive Global, U.S.

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