living a well life
AGENDA
OCTOBER 9-11 AT THE BREAKERS PALM BEACH, FLORIDA
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.*
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

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<thead>
<tr>
<th>PONCE DE LEON II</th>
<th>PONCE DE LEON III</th>
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<tbody>
<tr>
<td>3:00 pm Knowledge Workshop: Sponsored by The Matrixx Power SuitCompany The Surprising Way Wearable Technology Improves your Health &amp; Performance with Calvin Stewart</td>
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<tr>
<td>3:00 pm Knowledge Workshop: Sponsored by Universal Companies The Origin of Wellness: Self-Acceptance with Sydney Peltier, M.S.</td>
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<tr>
<td>4:00 pm Knowledge Workshop: Sponsored by Wellness for Cancer &amp; Biologique Recherche Reconstructing Self: When Skin Health, Beauty and Wellness are Disrupted with Julie Bach and Rupert Schmid</td>
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<tr>
<td>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</td>
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<tr>
<td>5:00 pm Knowledge Workshop: Sponsored by Aromatherapy Associates The Art of Living Well: The Hour before Bed &amp; the Hour after You Rise Can Yield Amazing Results with Christina Salcedas and Tracey Woodward</td>
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<tr>
<td>5:00 pm Knowledge Workshop: Sponsored by Technogym Wellness, Travel &amp; Technology: Connected for Success with Mauro Nava</td>
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<tr>
<td>5:45 pm Meeting: All Press Delegates Ponce de Leon I</td>
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<tr>
<td>6:00 pm Meeting: All Initiative Chairs and Vice-Chairs Mediterranean Ballroom</td>
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<tr>
<td>6:30 pm Meeting: All Initiative Chairs and Vice-Chairs with their Committee Members Mediterranean Ballroom</td>
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<tr>
<td>7:00 pm Gathering for All First-Time Delegates: Become Acquainted with the Global Wellness Summit Format and Leadership Ideas Stage</td>
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<tr>
<td>7:30 - 9:30 pm Opening Reception Welcome to Living a Well Life! Sponsored by The Breakers Palm Beach The Breakers South Pool</td>
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<tr>
<td>9:30 pm Robert Michael de Stefano: The DreamKit Beauty Sleep Ritual – Home Practice Demonstration Sponsored by Longeva Magnolia Room</td>
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### MONDAY, OCTOBER 9, 2017

#### DAY 1 SNAPSHOT

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:15 am</td>
<td><strong>Weight Watchers Flow on the Beach</strong></td>
<td>South Porte Cochere</td>
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<td></td>
<td><strong>Sponsored by Weight Watchers</strong></td>
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<tr>
<td>7:00 am</td>
<td><strong>Chris Jordan: 7-Minute Workout</strong></td>
<td>Salon Gold Room</td>
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<tr>
<td>7:00 am</td>
<td><strong>Breakfast</strong></td>
<td>The Circle Ballroom or The Beach Club Restaurant</td>
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<tr>
<td>8:00 am</td>
<td><strong>Summit Concierge &amp; Registration Open</strong></td>
<td>Ponce de Leon Foyer</td>
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#### ON THE IDEAS STAGE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Sponsor</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td><strong>Louie Schwartzberg:</strong> <em>Living a Well Life: Nature as Guide</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>9:20 am</td>
<td><strong>Susie Ellis:</strong> <em>The Business of Living a Well Life, DNA of Our Organization and Outlook for the Future</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>9:40 am</td>
<td><strong>Dr. Richard H. Carmona:</strong> <em>The Imperative for a Well Life: 75 Percent of the Cost of Chronic Illness is Preventable</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>10:00 am</td>
<td><strong>Garrett Kirk, Jr., Paul Leone, Denise Bober:</strong> <em>Health &amp; Well-Being: The Breakers’ Story</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>10:20 am</td>
<td><strong>Chris Jordan:</strong> <em>We Don’t Need More Time...We Need More Energy!</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>10:30 am</td>
<td><strong>Networking Energy Break</strong></td>
<td>Ponce de Leon Foyer</td>
<td><strong>Sponsored by Eminence Organic Skin Care</strong></td>
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<td></td>
<td><strong>Book Signing with Dr. Richard H. Carmona</strong></td>
<td>Ponce de Leon Foyer</td>
<td><strong>Bookstore Sponsored by BuDhaGirl LLC</strong></td>
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<tr>
<td>11:00 am</td>
<td><strong>Debra Duneier:</strong> <em>The Experience of Purposeful Interior Design</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>11:05 am</td>
<td><strong>Katherine Johnston &amp; Ophelia Yeung:</strong> <em>Breaking Ground on Wellness Communities &amp; Lifestyle Real Estate: Landmark Research from the Non-Profit Global Wellness Institute</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>11:25 am</td>
<td><strong>Frits Dirk van Paasschen:</strong> <em>Wellness in the Age of Disruption</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>11:45 am</td>
<td><strong>Dr. Dean Ornish:</strong> <em>The Transformative Power of Lifestyle Medicine</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>12:05 pm</td>
<td><strong>Dr. Oz:</strong> <em>The Plague of the Modern Era is Insanity</em></td>
<td>Ponce de Leon Foyer</td>
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<tr>
<td>12:25 pm</td>
<td><strong>Special Announcement for Delegates and Media</strong></td>
<td>Ponce de Leon Foyer</td>
<td><strong>Susie Ellis and Dr. Richard Carmona</strong> 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**</td>
</tr>
<tr>
<td>12:45 pm</td>
<td><strong>Interactive Lunch: “Ask the Expert” Table Topic Discussions</strong></td>
<td>Venetian Ballroom</td>
<td><strong>Sponsored by Canyon Ranch</strong></td>
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### ON THE IDEAS STAGE

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<tr>
<td>2:00 pm</td>
<td>General Session</td>
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<tr>
<td><strong>Agapi Stassinopoulos</strong>: Living a Well Life</td>
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<td><strong>Prof. Gerry Bodeker, PhD</strong>: Mental Wellness: Many Roads to the Mountaintop</td>
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<td><strong>Alia Crum, PhD</strong>: Understanding the Positive Implications of the Placebo Effect</td>
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<td><strong>Dr. Anjan Chatterjee</strong>: How Your Brain Decides What is Beautiful?</td>
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<td><strong>Energy Boost</strong> with Chris Jordan</td>
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<tr>
<td>3:30 pm</td>
<td>Networking Energy Break</td>
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<td>Ponce Promenade</td>
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<tr>
<td>Book Signing</td>
<td>with Dr. Anjan Chatterjee, Dr. Dean Ornish, Dr. Oz and Agapi Stassinopoulos</td>
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<tr>
<td>Bookstore</td>
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<tr>
<td>4:00 pm</td>
<td>Clare Martorana: A Realist’s Guide to the Changing Digital World</td>
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<tr>
<td><strong>Sergio Pecorelli, MD, PhD</strong>: The Beginning of Human Life and Prevention of Chronic Disease: Reframing the First 1,000 Days Paradigm</td>
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<td><strong>Mohammad Gawdat</strong>: Solve for Happy - Engineering Happiness</td>
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<tr>
<td><strong>Jan-Emmanuel De Neve, PhD</strong>: Happiness at Work</td>
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<tr>
<td>5:30 pm</td>
<td>Justin Brice Guariglia: What Have We Wrought? The Price of Humankind’s Path Towards Accelerated Modernization</td>
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<td>5:40 pm</td>
<td>Alexia Brue &amp; Melisse Gelula: Millennials Are Not Wellness Newbies: Understanding What They Expect</td>
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<td>6:10 pm</td>
<td>Book Signing with Mohammad Gawdat and Nancy Etcoff</td>
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<td>7:00 pm</td>
<td>Evening Event – Dine around at The Breakers</td>
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### SOUTH PORTE COCHERE

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<th>Time</th>
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<tr>
<td>9:00 pm</td>
<td>Justin Brice Guariglia: Private Tour Norton Museum of Art</td>
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### MAGNOLIA ROOM

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<tr>
<th>Time</th>
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<tr>
<td>5:30 pm</td>
<td>Roundtable and Audience Q&amp;A</td>
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<td><strong>Catalytic Collaboration</strong>: What Can We Accomplish Together That None of Us Can Accomplish On Our Own? with Dr. Richard H. Carmona</td>
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<td>7:00 am</td>
<td>Chris Jordan: Resistance Band Workout</td>
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<td>Ocean Lawn</td>
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<td>7:00 am</td>
<td>Breakfast The Circle Ballroom or The Beach Club Restaurant</td>
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<td><strong>ON THE IDEAS STAGE</strong></td>
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<tr>
<td>9:00 am</td>
<td>Louie Schwartzberg: Video by Moving Art</td>
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<tr>
<td>9:10 am</td>
<td>Dr. Andrew Weil: How To Really Help People Make Healthy Lifestyle Choices</td>
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<td><strong>IDEAS</strong></td>
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<tr>
<td>9:30 am</td>
<td>Mary Anne Malleret and Thierry Malleret: 10 Good Reasons to Go for a Walk and Other Wellness Ideas</td>
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<td>Elissa Epel, PhD: The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer</td>
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<td>Ali Mostashari, PhD: DNA Testing: Understanding Results and Exploring Opportunities</td>
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<td>Good News/Bad News: Mental Wellness and Technology with Jared Weiner</td>
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<td></td>
<td>Panel Discussion and Audience Q&amp;A</td>
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<td>10:30 am</td>
<td>Networking Energy Break Sponsored by [ comfort zone ]</td>
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<td>Ponce Promenade Book Signing with Elissa Epel, PhD, Madelyn Fernstrom, PhD, Louie Schwartzberg and Dr. Andrew Weil</td>
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<td>Bookstore Sponsored by BuDaGirl LLC Foyer</td>
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<tr>
<td>11:00 am</td>
<td>Kenneth R. Pelletier, PhD, MD: Change Your Genes, Change Your Health: The New Science of Epigenetics</td>
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<td>Roundtable Discussion and Audience Q&amp;A</td>
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<td></td>
<td>Future Focus: The Next Frontier in Spas, Hospitality and Travel with Sallie Fraenkel</td>
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<td>Q&amp;A with Dr. Andrew Weil</td>
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<tr>
<td>11:40 am</td>
<td>Clare Martorana: Connection Unplugged: Send a Note to Someone You Love “Experience the World of Anna Griffin”</td>
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<td>11:45 am</td>
<td>Collaboration Jam!</td>
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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

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<tr>
<th>IDEAS</th>
<th>COLLABORATION</th>
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<tbody>
<tr>
<td>2:00 pm</td>
<td>Roundtable and Audience Q&amp;A</td>
<td>Discussion and Audience Q&amp;A</td>
</tr>
<tr>
<td><strong>John Cohlan:</strong> Don’t Forget about the Fun!</td>
<td>The Time Has Come: Business Opportunities in Wellness Communities, Lifestyle Real Estate and Our Right to Live Well with <strong>Jared Weiner</strong></td>
<td>Happiness, Positive Psychology and Well-Being: Where are the Opportunities? with <strong>Jeremy McCarthy</strong></td>
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<tr>
<td><strong>Jack Groppel, PhD:</strong> The Critical Key to Harnessing the Science of Human Performance</td>
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<td><strong>Maggie Hsu:</strong> Virtual Reality, Augmented Reality, Bitcoin and Blockchain for Wellness: Fad or Future?</td>
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<td><strong>Paul Price:</strong> WHAT IF – Imagining the Unimaginable Impact of Technology on Your Business</td>
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**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**

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<tr>
<td>4:00 pm</td>
<td>Roundtable and Audience Q&amp;A</td>
<td>Panel Discussion and Audience Q&amp;A</td>
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<tr>
<td><strong>Veronica Schreibeis Smith:</strong> Wellness Architecture: From Environmental Health to Human Wellbeing</td>
<td>The Growth Impact of Wellness on the Big Business of Beauty with <strong>Carolee Friedlander</strong></td>
<td>Are DNA and Biomarker Tests Ready for Prime Time? with <strong>Kenneth R. Pelletier, PhD, MD</strong></td>
</tr>
<tr>
<td><strong>Jie Wang:</strong> Thermalism, Health Spas, Hydrotherapy and Climatotherapy in China</td>
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<td><strong>Tiffany Field, PhD:</strong> Massage Works Because It Changes Your Whole Physiology</td>
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**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
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<tbody>
<tr>
<td>6:45 am</td>
<td>Functional Movement and Mobility Workout</td>
<td>Ocean Lawn</td>
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<tr>
<td>7:00 am</td>
<td>Breakfast</td>
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**IDEAS**

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<tr>
<th>Time</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td>Louie Schwartzberg: Video by Moving Art</td>
<td>Louie Schwartzberg: Video by Moving Art</td>
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<tr>
<td>9:00 am</td>
<td>Jan D. Freitag: Hotels, Alternative Accommodations and Wellness</td>
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<tr>
<td>9:00 am</td>
<td>Nancy Davis: Shark Tank of Wellness Student Competition</td>
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<tr>
<td>9:00 am</td>
<td>Roundtable and Audience Q&amp;A</td>
<td>Wellness Architecture and R.O.W. (Return on Wellness): The Long-Term Impact of Building It Well with Veronica Schreibeis Smith</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Beauty2Wellness Research Report: Insights and Q&amp;A</td>
<td>How Can Beauty Contribute to Wellness? Preliminary Findings from the Much-Anticipated Report with Dr. Anjan Chatterjee</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Experience</td>
<td>Wim Hof: Going Deep with Wim Hof</td>
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**COLLABORATION**

<table>
<thead>
<tr>
<th>Time</th>
<th>Roundtable and Audience Q&amp;A</th>
<th>Workshop and Q&amp;A</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 am</td>
<td>Discerning WELLNESS Fact from Fiction in a World of Fake News: The Media Speaks with Jared Weiner</td>
<td>Purpose-Driven Wellbeing and The Breakers Story with Denise Bober and Jack Groppel, PhD</td>
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**SALON**

<table>
<thead>
<tr>
<th>Time</th>
<th>Organizational Discussion and Audience Q&amp;A</th>
<th>Panel Discussion and Audience Q&amp;A</th>
</tr>
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<tbody>
<tr>
<td>11:00 am</td>
<td>Discerning WELLNESS Fact from Fiction in a World of Fake News: The Media Speaks with Jared Weiner</td>
<td>Forecasting the Future of Fitness with Sallie Fraenkel</td>
</tr>
</tbody>
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**WEDNESDAY, OCTOBER 11, 2017**

**DAY THREE SNAPSHOT**

**Strong Start:**
- 6:45 am: Functional Movement and Mobility Workout
- 7:00 am: Breakfast

**Deep Dive:**
- 9:00 am: Louie Schwartzberg, Jan D. Freitag, and Nancy Davis on their respective topics
- 11:00 am: Silvia Garcia, Jeremy McCarthy, Dr. Marc Cohen, and Dr. Lisa Ishii on their respective topics

**Focused Breaks:**
- 10:30 am: Networking Energy Break
- 12:30 pm: Relaxed Lunch

**Insights and Discussions:**
- Roundtable and Audience Q&A discussions on Wellness Architecture and R.O.W.
- Beauty2Wellness Research Report with insights and Q&A
- Experience rounds with Wim Hof

**Wrap-Up:**
- Workshop and Q&A on Purpose-Driven Wellbeing and The Breakers Story
- Panel Discussion and Audience Q&A on Forecasting the Future of Fitness

**Evening Plans:**
- Relaxed Lunch sponsored by Biologique Recherche

**Location:**
- Ocean Lawn
- The Circle Ballroom or The Beach Club Restaurant
- Ponce Promenade
- 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

SUNDAY, OCTOBER 8, 2017
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.

*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**

**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 ground-breaking 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.
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</table>
| 5:45 pm – 6:30 pm | **Meeting: All Press Delegates**                                       | Ponce de Leon I                  | 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 | **Meeting: All Initiative Chairs and Vice-Chairs of the Non-Profit Global Wellness Institute** | Mediterranean Ballroom           | 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 | **Meeting: All Initiative Chairs and Vice-Chairs of the Non-Profit Global Wellness Institute with their Committee Members** | Mediterranean Ballroom           |                                              |
| 7:00 pm – 7:30 pm | **Gathering for All First-Time Delegates: Become Acquainted with the Global Wellness Summit Format and Leadership** | Ideas Stage, Ponce de Leon IV, V, VI | 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. |
<table>
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<tr>
<td>7:00 pm - 7:30 pm</td>
<td><strong>Ideas Stage</strong>&lt;br&gt;Ponce de Leon IV, V, VI&lt;br&gt;GWS Team:&lt;br&gt;<strong>Nancy Davis</strong>, Chief Creative Officer &amp; Executive Director, Global Wellness Summit, U.S.&lt;br&gt;<strong>Sue DePalma</strong>, Producer, Global Wellness Summit, U.S.&lt;br&gt;<strong>Susie Ellis</strong>, Chairman &amp; CEO, Global Wellness Summit, U.S.&lt;br&gt;<strong>Michelle Gamble</strong>, Vice President, Global Business Development, Global Wellness Summit, U.S.</td>
</tr>
<tr>
<td>7:30 pm – 9:30 pm</td>
<td><strong>Opening Reception</strong>&lt;br&gt;<strong>Welcome to Living a Well Life!</strong>&lt;br&gt;<strong>Sponsored by The Legendary Breakers Hotel</strong>&lt;br&gt;<strong>Palm Beach</strong>&lt;br&gt;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</td>
</tr>
<tr>
<td>9:30 pm – 10:30 pm</td>
<td><strong>The DreamKit Beauty Sleep Ritual – Home Practice Demonstration</strong>&lt;br&gt;<strong>Sponsored by Longeva</strong>, Space is Limited, Please RSVP to <a href="mailto:Hasti@Longeva.com">Hasti@Longeva.com</a>&lt;br&gt;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 <a href="mailto:Hasti@Longeva.com">Hasti@Longeva.com</a>. &lt;br&gt;<strong>Robert Michael de Stefano</strong>, Partner, Longeva, U.S.</td>
</tr>
</tbody>
</table>
**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**

**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

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

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 Paaschcen, 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
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.

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
12. Servant Leadership: How to Make It Work, Paul Leone, CEO, The Breakers Palm Beach, U.S.
14. The Slippery Slope to Snake Oil, Clare Martorana, Digital Service Expert, United States Digital Service, U.S.
15. 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. Lifenome: 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, iamYiam Ltd., UK

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

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 Harmones, Balance Your Life, Mariaclara 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
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

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


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


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


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

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
93. Digital Marketing Mistakes, Paul Price, Group CEO, CoCreativ, U.S.
DAY 1 - MONDAY, OCTOBER 9

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, Said 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
Networking Energy Break
Ponce Promenade
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 Cohlan, 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:**

**OPTION 1: Private Tour Norton Museum of Art**  
*“Earth Works: Mapping the Anthropocene”*  
Private Tour with Justin Brice Guariglia, Award-Winning Artist, U.S.

**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 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.
<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6:15 am – 7:00 am</td>
<td>South Porte Cochere</td>
<td><strong>Weight Watchers Flow on the Beach</strong>&lt;br&gt;Sponsored by Weight Watchers&lt;br&gt;<strong>Weight Watchers Flow</strong> - Start your day with a gentle mind-body experience that combines deep breathing techniques, stretches and slow movements.&lt;br&gt;Featuring <strong>Lee Holden</strong>, an internationally known instructor in meditation, tai chi and qigong.</td>
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<tr>
<td>7:00 am – 7:30 am</td>
<td>Ocean Lawn</td>
<td><strong>Resistance Band Workout</strong>&lt;br&gt;<strong>Chris Jordan</strong> Gives You Strength...and a Little Resistance!&lt;br&gt;Learn how to use a resistance band to get a simple, yet effective, full-body workout almost anywhere, anytime.&lt;br&gt;<strong>Chris Jordan</strong>, Director, Exercise Physiology, Johnson &amp; Johnson Human Performance Institute, U.S.</td>
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<tr>
<td>7:00 am - 8:45 am</td>
<td>The Circle Ballroom or The Beach Club Restaurant</td>
<td><strong>Breakfast</strong></td>
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<tr>
<td>9:00 am – 9:10 am</td>
<td>Ideas Stage Ponce de Leon IV, V, VI</td>
<td><strong>Opening</strong>&lt;br&gt;<strong>Video by Moving Art</strong>&lt;br&gt;<strong>Louie Schwartzberg</strong>, Founder, Moving Art, U.S.</td>
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<tr>
<td>9:10 am – 9:30 am</td>
<td>Ideas Stage Ponce de Leon IV, V, VI</td>
<td><strong>Keynote</strong>&lt;br&gt;<strong>How to Really Help People Make Healthy Lifestyle Choices</strong>&lt;br&gt;<strong>Dr. Andrew Weil</strong>, Founder &amp; Director, Arizona Center for Integrative Medicine, U.S.</td>
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<tr>
<td>9:30 am – 10:30 am</td>
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<td><strong>3 OPTIONS: IDEAS STAGE, COLLABORATION ROOM OR SALON</strong></td>
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<tr>
<td>9:30 am – 10:30 am</td>
<td>Ideas Stage Ponce de Leon IV, V, VI</td>
<td><strong>Keynote</strong>&lt;br&gt;<strong>10 Good Reasons to Go for a Walk and Other Wellness Ideas</strong>&lt;br&gt;<strong>Mary Anne Malleret</strong>, Director, The Monthly Barometer, France&lt;br&gt;<strong>Thierry Malleret</strong>, Co-Founder, The Monthly Barometer &amp; Co-Founder, Well Intelligence, France</td>
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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, International Director, Transcendental Meditation for Women, U.S.
Nancy Board, Co-Founder, Global Women 4 Wellbeing, 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.
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*
### 3 OPTIONS: IDEAS STAGE, COLLABORATION OR SALON

#### ON THE IDEAS STAGE

<table>
<thead>
<tr>
<th>11:00 am – 11:40 am</th>
<th>Keynote</th>
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<tbody>
<tr>
<td>Ideas Stage</td>
<td><strong>Keynote</strong></td>
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<tr>
<td>Ponce de Leon IV, V, VI</td>
<td><em>Change Your Genes, Change Your Health: The New Science of Epigenetics</em></td>
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<td><strong>Kenneth R. Pelletier, PhD, MD</strong>, Clinical Professor of Medicine, University of California School of Medicine, U.S.</td>
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<td><strong>Keynote</strong></td>
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<td><em>Meet the Wellness Robot...and Learn How This Technology Can Enhance Wellness</em></td>
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<td><strong>Ramesh Caussy, PhD</strong>, CEO &amp; Founder, Partnering Robotics, France</td>
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#### IN THE COLLABORATION ROOM

<table>
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<tr>
<th>11:00 am - 11:35 am</th>
<th>Roundtable Discussion and Audience Q&amp;A</th>
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<tbody>
<tr>
<td>Collaboration Room</td>
<td><strong>Roundtable Discussion and Audience Q&amp;A</strong></td>
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<tr>
<td>Ponce de Leon I, II III</td>
<td><em>Future Focus: The Next Frontier in Spas, Hospitality and Travel</em></td>
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<td></td>
<td>Facilitated by <strong>Sallie Fraenkel</strong>, President, Mind Body Spirit Network, U.S.</td>
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<td></td>
<td><strong>Participants:</strong></td>
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<td><strong>Gustavo Albanesi</strong>, Founder, Buddha Spa, Brazil</td>
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<td></td>
<td><strong>Roberto Arjona</strong>, Chief Executive &amp; General Manager, Rancho La Puerta, U.S.</td>
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<td><strong>Sandra Ballentine</strong>, Beauty &amp; Health Editor-at-Large, Conde Nast/W Magazine, U.S.</td>
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<td><strong>Nils Behrens</strong>, Chief Marketing Officer, Lanserhof Group, Germany</td>
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<td><strong>Anne Dimon</strong>, CEO &amp; Editor, Travel to Wellness, Canada</td>
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<td><strong>Annbeth Eschbach</strong>, President &amp; CEO, Exhale Enterprises, Inc., U.S.</td>
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<td><strong>Sharon Kolka</strong>, General Manager &amp; Wellness Director, Gwinganna Lifestyle Retreat, Australia</td>
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<td><strong>CK (Chee Kwong) Low</strong>, Managing Director, Skin Essentials (M) Sdn Bhd, Malaysia</td>
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<td><strong>Robin Mauras-Cartier</strong>, Regional Director, Spa &amp; Wellness, The Set Hotels, UK</td>
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<td><strong>Diana F. Mestre</strong>, Director &amp; Owner, Mestre &amp; Mestre Spa &amp; Wellness Consulting, Mexico</td>
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</table>
### 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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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</table>
| **11:00 am - 11:35 am** | **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. | **Salon**<br>**Gold Room** |
| **11:40 am** | **ALL BACK TO THE IDEAS STAGE**                                                                 |                                             |
| **11:40 am - 11:45 am** | **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. | **Ideas Stage**<br>Ponce de Leon IV, V, VI |
| **11:45 am - 12:30 pm** | **Collaboration Jam!**  
**Spotlight on Sponsors** | **Ideas Stage**<br>Ponce de Leon IV, V, VI |
| **12:30 pm - 2:00 pm** | **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](https://donatenow.networkforgood.org/globalwellnessinstitute).) | **Gulfstream III & IV** |
**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.

<table>
<thead>
<tr>
<th>Table Topic</th>
<th>Host</th>
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</thead>
<tbody>
<tr>
<td>Africa Wellness Initiative</td>
<td>Sandra Chadehumbe, CEO, Well Nation Africa, South Africa</td>
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<tr>
<td>Beauty Meets Wellness Initiative</td>
<td>Michael Bruggeman, CEO &amp; Chief Formulation Officer, OM4 Organic Male, U.S.</td>
</tr>
<tr>
<td>Beauty Meets Wellness Initiative</td>
<td>Mark Wuttke, President &amp; COO, North America, BABOR, U.S.</td>
</tr>
<tr>
<td>Digital Wellness Initiative</td>
<td>Jeremy McCarthy, Group Director of Spa &amp; Wellness, Mandarin Oriental Hotel Group, Hong Kong</td>
</tr>
<tr>
<td>Eastern European Initiative</td>
<td>Alla Sokolova, Founder &amp; CEO, Inbalans, Latvia</td>
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<tr>
<td>Exploring Salt and Halotherapy Initiative</td>
<td>Steve Spiro, CEO, Global Halotherapy Solutions, U.S.</td>
</tr>
<tr>
<td>Global Mentorship Program Initiative</td>
<td>Jean-Guy de Gabriac, Founder &amp; CEO, TIP TOUCH International, Belgium</td>
</tr>
<tr>
<td>Immersion Initiative</td>
<td>Sallie Fraenkel, President, Mind Body Spirit Network, U.S.</td>
</tr>
<tr>
<td>Hot Springs Initiative</td>
<td>Amy McDonald, Owner &amp; Principal, Under a Tree Health and Wellness Consulting, U.S.</td>
</tr>
<tr>
<td>Hot Springs Initiative</td>
<td>Mark Hennebry, Vice Chairman, Danubius Hotel Group, UK</td>
</tr>
<tr>
<td>Hydrothermal Initiative</td>
<td>Don Genders, CEO, Design for Leisure, U.S.</td>
</tr>
<tr>
<td>Massage Makes Me Happy Initiative</td>
<td>Lynda Solien-Wolfe, Vice President of Massage and Spa, Performance Health, U.S.</td>
</tr>
<tr>
<td>Mental Wellness Initiative</td>
<td>Alina Hernandez, Head, Development and Communications, The Pecos Program, U.S., and Dr. Daniel Friedland, CEO, SuperSmartHealth, U.S.</td>
</tr>
</tbody>
</table>
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.


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


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
# Day 2 - Tuesday, October 10

## 2:00 pm – 3:00 pm

### 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.

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**Keynote**

The Critical Key to Harnessing the Science of Human Performance

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

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**Keynote**

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

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

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**Keynote**

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

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

---

## 2:00 pm – 3:00 pm

### 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.
**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, Said 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.
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 Koronczay, President, Master Trainer, Eminence Organic Skin Care, Canada
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
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, iamYiam ltd, UK

5:10 pm
All Back To The Ideas Stage

5:10 pm - 5:30 pm
Keynote
Living to 160
Dr. Michael Roizen, Chief Wellness Officer, Cleveland Clinic, U.S.

5:30 pm - 5:35 pm
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
Keynote
The Ice Man Cometh: The Cause of Disease and Natural Solutions
Wim Hof, Author, Athlete, Speaker, Inspirator, Innerfire BV, Netherlands
<table>
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<th>Time</th>
<th>Event Description</th>
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<td>6:00 pm</td>
<td><strong>Book Signing</strong>&lt;br&gt;Bookstore Sponsored by BuDhaGirl LLC&lt;br&gt;Wim Hof, Author, Athlete, Speaker, Inspirator, Innerfire BV, Netherlands, Author of <em>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</em>&lt;br&gt;Dr. Michael Roizen, Chief Wellness Officer, Cleveland Clinic, U.S., Author of <em>AgeProof: Living Longer Without Running Out of Money or Breaking a Hip</em></td>
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<td>7:30 pm - 11:30 pm</td>
<td><strong>A Celebration of the Elements “Gala”</strong>&lt;br&gt;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!&lt;br&gt;Attire: Resort Evening Wear</td>
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### WEDNESDAY, OCTOBER 11, 2017

#### DAY 3 DETAILS

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<tr>
<th>Time</th>
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<th>Activity</th>
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| 6:45 am – 7:30 am | Ocean Lawn                                    | **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** | |
| 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 Plotaz 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 & Hamlins 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.
DAY 3 - WEDNESDAY, OCTOBER 11

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**

11:00 am – 12:30 pm  

3 OPTIONS: IDEAS STAGE, COLLABORATION OR SALON

**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 Groppel, 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 Braccesco,** 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.

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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 Kyricos, President & CEO, Kyricos & 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
General Session
Ponce de Leon IV, V, VI

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
Announcement of 2018 GWS Location!

4:00 pm
Champagne Toast
Ponce de Leon IV, V, VI

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

THURSDAY, OCTOBER 12, 2017
POST-SUMMIT ACTIVITIES

9:00 am – 12:00 pm
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 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.
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.

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!

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.
Hildegard 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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- JACQUELINE PIOTAZ
- LAPINHA
- Lemi
- LightStim
- Matrix
- Motivity Partnerships Inc.
- OM4 Men
- PERFORMANCE HEALTH
- Rancho La Puerta
- ResortSuite
- Rezilir Health
- Seabourn
- serenbe
- Six Senses Hotels Resorts Spas
- the bodyholiday Saint Lucia
- Two Bunch Palms
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