

Third Annual Vibrant Living Expo, August 24-26, 2007

Friday August 24	Town Hall	Living Light Lecture Hall	Living Light Culinary Studio	Outdoor Activities Classes (Meet on the Museum Lawn)
7:30– 8:30am				Dr. Doug Graham Morning Fitness Class: <i>It's Like a Walk in the Park</i>
9:00am	Cherie Soria <i>Welcome to The Raw Food Diet Revolution!</i>			
10:00am	Brian Clement <i>50 Years of Living Food Healing</i>	Dr. Ruza Bogdanovich <i>Why Is The Cure Always In The Cause</i>	Cherie Soria Introducing The Rising Star Chef Showcase	
			Rising Star Chef Martine Lussier	
11:00am	Viktoras Kulvinskas <i>The Pros and Cons of Supplementation</i>	Don Weaver <i>Regenerate the Earth to Heal a Sick Humanity, Rescue the Climate, and Create an Abundant Green Future</i>	Rising Star Chef Vincent Flynn	
			Rising Star Chef Kari Bernardi	
12:00pm	Dr. Fred Bisci Michael Saiber, and Tamera Campbell <i>Why Do Some Educated Eaters Suffer and Die Prematurely?</i>	Dr. Karin Dina <i>Vitamin B12 - Do Raw Vegans Get Enough?</i>	Rising Star Chef TBA	
			Rising Star Chef TBA	
1:00pm	Dr. Doug Graham <i>Fasting for Health, Fitness, and Emotional Issues</i>	Patricia Cramer <i>Healthy Feet...Vitality from the Ground Up</i>	Rising Star Chef TBA	
			Rising Star Chef TBA	
2:00pm	Paul Nison <i>My Healing Story</i>	Anna Maria Clement <i>A Family Guide to Health and Healing Home Remedies</i>	Rising Star Chef TBA	
			Rising Star Chef TBA	
3:00pm	Dr. Rick Dina <i>Where do you get your protein?</i>	Sergie Boutenko <i>Stalking The Wild Edibles</i>	Rising Star Chef TBA	
			Rising Star Chef TBA	
4:00pm	Dr. Jameth Sheridan TBA	David Rainoshek, M.A.: <i>Juice Feasting</i>	Cherie Soria <i>Essential Tools of The Raw Food Kitchen: making food prep fun & easy</i>	Dr. Doug Graham <i>Flex Time is Fun Time</i>
7:00pm	The Vibrant Living Expo Music Showcase with Host Trevor Justice in Town Hall			

Saturday August 25	Town Hall	Living Light Lecture Hall	Living Light Culinary Studio	Outdoor Activities
7:30–8:30am				Dr. Doug Graham Morning Fitness Class: <i>It's Like a Walk in the Park</i>
9:00am	Dr. Ruza Bogdanovich <i>Love your Pet Let Nature Be The Vet</i>	Happy Oasis <i>Envisioning Your Life!</i>	Elaina Love <i>Alkalize and Green Up Your Life</i>	
10:00am	Viktoras Kulvinskas <i>Holistic Food and Enzymatic Therapy for Healing</i>	Dr. Jameth Sheridan TBA	Felix Daniel Schoener <i>A Taste of Divine Chocolate,</i>	
11:00am	Paul Nison <i>How To Fit In Society on Raw Food Diet (Travel, Family, Friends, etc)</i>	Rick Dina <i>Essential Fats in a Nutshell</i>	Ronnie and Minh <i>Min's Vietnamese Spring Rolls</i>	
12:00pm	Dr. Doug Graham <i>Big Fat Facts and Big Fat Fallacies</i>	Barbara and John Stephens Lewallen <i>Wild Seaweed Love Story</i>	Cherie Soria <i>Easy Fresh Fruit Cobblers</i>	
1:00pm	Dr. Fred Bicsi <i>Raw Foods and Science</i>	Anna Maria Clement <i>Living Food Research</i>	Dr. Karin Dina <i>Quick and Easy Raw Dressings</i>	
2:00pm	Panel: Secrets of Ageless Women <i>Moderated by Cherie Soria: Happy Oasis, Patricia Cramer, Tamera Campbell,</i>	Kari Bernardi <i>Farm-To-School Programs: Bringing Farm Fresh Nutrition Education To Our Schools</i>	Paul Nison <i>Simple Desserts Blueberry Pudding</i>	
3:00pm	<i>Elaina Love, Anna Maria Clement, Dr. Ruza Bogdanovich</i>	David Ross <i>The Role of Appreciation and Gratitude in Creating Health and Wellness</i>	Rawsome Pie Contest prep (For contestants only)	
4:00pm	Brian Clement <i>Hippocrates Health Institute Science and History</i>	Larry Wagner <i>Creating Your Business in Alignment you're your Principles</i>	4:30 PM Raw Pie Contest Judging Cherie Soria, Elaina Love, Vinnette Thompson, Sergie Boutenko, Felix Daniel Schoener	Dr. Doug Graham <i>Flex Time is Fun Time</i>
5:00 pm	Ice Cream Social, Pie Auction with auctioneers Cherie Soria and Jameth Sheridan			
6:00 pm	Film Festival and filmmakers hosted by Dorit Mark Perlmutter, Jenna Norwood, Mike Anderson, Elena Tonetti, Sergie Boutenko			

Sunday August 26	Town Hall	Living Light Lecture Hall	Living Light Culinary Studio	Outdoor Activities
7:30–8:30am				Dr. Doug Graham Morning Fitness Class: <i>It's Like a Walk in the Park</i>
9:00am	Paul Nison <i>Health According to The Scriptures</i>	Dr. Jameth Sheridan TBA		
10:00am	Viktoras Kulvinskas <i>The Scientifically Proven Health Benefits of Fermented Foods</i>	Dr. Doug Graham <i>Develop the Physique of Your Dreams: The Answers Will Surprise You!</i>	Elaina Love <i>Milk shakes and Ice Creams</i>	
11:00am	Dr. Fred Bisci TBA	Dr. Rick Dina <i>Is It All Just Cleansing?</i>	Sergei Boutenko <i>Fun With Greens</i>	
12:00pm	Brian Clement <i>Achieving Longevity Including Food</i>	Dr. Ruza Bogdanovich <i>Behind The "Genetic" Diseases</i>	Felix Daniel Schoener <i>Southeast Asian Salads-Light & Simple</i>	
1:00pm	Panel Ask the Experts <i>Moderated by Dan Ladermann with Viktoras, Dr. Doug, Drs. Rick and Karin Dina, Brian and Anna Maria Clement, Dr. Fred Bisci, Dr. Jameth Sheridan</i>	Petra Schulte TBA	Vinnette Thompson Unbelievable Raw Desserts	
2:00pm		Happy Oasis <i>The Future of The Raw Foods Community Movement</i>	RAW PIE CONTEST WINNER <i>A Winning Pie</i>	
3:00pm	Paul Nison <i>The Health Formula</i>	Patricia Cramer <i>Positive Self-Talk for Happy Lives</i>	Cherie Soria <i>Mendocino Harvest: Sea Vegetables and Wild Mushrooms</i>	
4:00pm	Karin Dina Raw Food and Women's Health	Don Weaver <i>My First 30 Years of Health on a 100% Raw Vegan Diet</i>	Dan Ladermann <i>Raw On the Go</i>	Dr. Doug Graham Fitness Class: <i>Flex Time is Fun Time</i>

	<p>Special Fee Seminars Living Light Lecture Hall 4 Great Classes offered: 2 before the Expo and 3 following the Expo</p>
<p>Tuesday and Wednesday Before the Expo August 21-22 9 am to 5:00 pm</p>	<p>Natural Hygiene and Raw Nutritional Science with Dr. Douglas Graham</p>
<p>Thursday Before the Expo August 23 9:00 pm to 5:00 pm</p>	<p>Maximum Athletic Performance with Dr. Douglas Graham</p>
<p>Monday After the Expo August 27 9:00 am- 1:00 pm</p>	<p>Viktoras Kulvinskas Life Extension Without Limits</p>
<p>Monday After the Expo August 27 2:00 am- 6:00 pm</p>	<p>Drs. Rick and Karin Dinas Introduction to the Science of Raw Food Nutrition</p>
<p>Tuesday August 28 After the Expo 8 am to 6 pm</p>	<p>Living Light Culinary Arts Institute presents FUNdamentals of Raw Living Foods certification course with Cherie Soria and the Living Light Team</p>