



Tentative Schedule for *Culinary Medicine Workshop*

The Culinary Medicine workshop combines hands-on cooking, expert insights, and practical tools to help you integrate nutrition into clinical care—alongside wellness experiences to recharge and inspire lasting change.

Day 1

2:00-5:00 p.m.	Guest Arrivals/Check-In
4:30-5:30 p.m.	Culinary Medicine Kickoff: Guided Exploration
5:30-6:30 p.m.	Dinner at Kitchen Table
7:00-7:45 p.m.	Opening Session: Introduction to Culinary Medicine
7:45-8:45 p.m.	Culinary Medicine Founder Stories
9:00-10:00 p.m.	Fire Pit Discussions

Day 2

6:45-7:30 a.m.	Signature Class
7:30-8:30 a.m.	Breakfast at Kitchen Table
9:00-10:30 a.m.	General Learning Session: Integrating Culinary Medicine Into Clinical Practice
10:30-11:30 a.m.	General Learning Session: Knife Skills, Recipe Selection & Culinary Demo
12:00-1:00 p.m.	Lunch at Kitchen Table
1:30-5:00 p.m.	Culinary Breakout Sessions
5:00-6:00 p.m.	General Learning Session: Next Steps for Implementing Culinary Medicine
6:00-7:00 p.m.	Dinner at Kitchen Table
7:30-8:30 p.m.	Signature Class
9:00-10:00 p.m.	Fire Pit Discussions

Day 3

6:45-7:30 a.m.	Signature Class
7:30-8:30 a.m.	Breakfast at Kitchen Table
9:00-10:00 a.m.	General Learning Session: Translating Nutrition Into Culinary Medicine Techniques & Culinary Demo
10:00 a.m.-12:00 p.m.	General Learning Session: Case Study & Lesson Plan Development Activity & Report-Out
12:00-1:00 p.m.	Lunch at Kitchen Table
1:00 p.m.	Guest Departures

Please Note: The final schedule for meals and signature classes is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.