

• ROOTING HEALTH IN SOIL •
2024
**REGENERATIVE
HEALTHCARE**
CONFERENCE

Day 1– September 9th: Farmers as Frontline Healthcare Workers

- **1:00 - 2:00 pm:** Registration & Mingling at the barn, attendees should plan to **arrive by 1:30 pm** to check in
- **2:00 - 2:30 pm:** Conference Kick Off: Welcome & About Rodale Institute, Jeff Tkach & Nadine Clopton (Emcees)
- **2:30 - 3:45 pm: Keynote: Will Harris** (*White Oak Pastures: A Bold Return to Giving a Damn. One Family, One Farm, Six Generations*)
- **4:00 - 6:00 pm: Meandering Cocktail Hour & Farm Tour** : Wagon tour of Rodale Institute's historic 386-acre headquarters & living laboratory
- **6:00 pm - 7:00 pm:** Dinner feat. **Chef Erik Oberholzer & Dundore & Heister**
 - Chef Erik, D&H, & Amrita Kalra introduce the meal & nutritional profile
- **7:00 - 8:15 pm:** Panel– ***The State of our Food System***, Panelists: **Dr. Arti Chandra, Dr. Felix Prinz zu Lowenstein, Dr. Andrew Smith**, moderator: **Jes Student**
- **8:30 pm:** Depart for hotel

Day 2– September 10th: Soil is Medicine: The Role of Regenerative Organic Agriculture in Food as Medicine

- **7:30 - 8:15 am:** Movement: Yoga with **David Statler** or **Amy Ippoliti**
- **8:15 - 10:15 am:** Breakfast in pavilion tent by **Chef Mike Geary** & introductions around the room to the cohort
- **10:15 am - Noon: *Hands-in-the-soil Regenerative Education*** with **Dan Kemper & Rodale Institute Farmer Training Students**
- **Noon - 1:45 pm Lunch & Rodale Institute Presentation:**
 - **Noon- 12:45:** Lunch by **Dundore & Heister**
 - **12:45 - 1:45 pm: *Vegetable Systems Trial Results & Rodale Institute's Research: Dr. Gladis Zinati***
- **1:45 - 2:00 pm:** Stretch break
- **2:00 - 2:45 pm:** Lecture: **Dr. Geeta Maker-Clark: *Nourish to Flourish: Integrative Nutrition Essentials***
- **2:45 - 3:30 pm: Choice of...**
 - 45 min break /walk /free-time – shopping at Visitors Center
 - 20 min breathwork / movement / meditation with Sue Elkind
- **3:30 - 5 pm:** Group Presentation: **Dr. Lori Walsh, Dr. Gary Soffer, Dr. Michelle Loy, Erin Meyer: *Soil to Health: An integrative approach to the role of sourcing in food as medicine & regenerative organic agriculture in health***
- **5 - 6 pm:** Cocktail hour & networking in the pavilion
- **6 - 6:45 pm:** Dinner: **Chefs Nic & Steven Servis, Servis Brothers**
 - Servis Brothers & Amrita Kalra introduce the meal & nutritional profile
- **6:45 - 8 pm:** Keynote: **Anne Biklé**, Author, ***What Your Food Ate***
- **8:15 pm:** Bus back to hotel

Day 3– September 11th: Investing in Life-long Health: Equitable, Accessible, & Community-centered Food as Medicine

- **7:30 am - 8:30 am:** Bus to St. Luke’s Anderson Hospital, Women & Babies Pavilion
- **8:30 - 9 am:** Breakfast & coffee, **Kellyn Kitchens** breakfast
- **9:00 - 10 am:** Lecture feat. **Dr. Scott Stoll: *Connection Cultivates Change: The Regenerative Potential of the Plate***
 - *Jeff Tkach intro*
- **10 - 10:45 am:** Workshop session led by **Kacey LaBonte & Dr. Courtney Long– *Cultural Relevance & Food Sovereignty in Food as Medicine: A Two-Eyed Seeing and Food Systems Approach***
- **10:45 - 11 am:** Stretch / coffee break
- **11 am - 11:45 am:** Lecture: **Dr. Meagan Grega & Eric Ruth: *Community Engaged Lifestyle Medicine: The Healthy Neighborhood Immersion Strategy***
- **11:45 am - Noon:** Walk to St. Luke’s - Rodale Institute Organic Hospital Farm for ***picnic lunch***, weather permitting
- **Noon - 1 pm:** Picnic lunch, lunch boxes provided by **Kellyn Kitchens**
- **1 - 2 pm:** Tour the St. Luke’s-Rodale Institute Farm-to-Hospital Model
- **2 - 2:15 pm:** Walk back to St. Luke’s Anderson
- **2:30-3:30 pm:** Panel– ***Farm-to-Institution Models & Values-Based Procurement*** (**Ed Nawrocki, Tom McDougall, Dr. Lori Walsh** moderated by **Nadine Clopton**)
- **3:45 pm - 4:30 pm:** Travel to Rodale Institute by bus
- **4:30 pm:** Free time on the farm & at visitor’s center

- **5 - 6 pm:** Cocktail hour & networking in the barn
- **6 - 6:45 pm:** Dinner - **Kellyn Kitchens, Chef Amanda & Andrew Pietrobono**
 - Chefs & Amrita Kalra introduce the meal & nutritional profile
- **6:45 - 8 pm: Keynote: Dr. Steven Chen: *Recipe4Health: Equitable, Regenerative Organic, & Accessible Food as Medicine***
- **8:15 pm:** Board buses for hotel

Day 4– September 12th: Root to Rise: Applying a Regenerative Healthcare framework to System’s Change

- **7:30 - 8:15 am:** Movement (option for Yoga with **Sue Elkind** or **Amy Ippoliti**)
- **8:15 - 9 am:** Breakfast in the pavilion tent - **Dundore & Heister**
- **9 am - 10:15 am: KEYNOTE Christa Barfield: *Roots of Wellness: Regenerative Farming, Innovating Public Health***
- **10:15 - 10:30:** Stretch break
- **10:30 am - 11:45 am:**
 - **Option 1: Connor Moriarty, *Nature-based Therapy: Agri-therapy Farm Walk with Reset Outdoors***
 - **Option 2: Dr. Christophe Merville, *Homeopathy in the Garden: Homeopathic applications to clinical care & the importance of sourcing in medicine making***
- **11:45- Noon:** Bio break / head back for lunch
- **Noon - 1 pm:** Lunch by **Dundore & Heister**
 - Eat lunch, shop in the visitors center

- **1 - 2:30 pm: Integration Workshops– Tangible Actions & Outcomes**, each having a moderator.
 - **Discussion group led by Dr. Arti Chandra:** How to tangibly incorporate organic food as medicine into your practice: a discussion & fermentation demo
 - **Discussion group led by Nadine Clopton:** Systems change agents – how to cultivate & expand regenerative healthcare systems as a community
 - **Discussion group led by Tom McDougall:** Values-based procurement & reconnecting with your local foodshed
 - **Discussion group led by Dan Kemper:** Integration of organic farming systems: transition & scale-up

- **2:30 - 3:30 pm:** Reporting back on tangible actions, defining next steps as a community, & closing thoughts

- **3:30 - 5 pm:** End of Conference Farm-to-Table Barbecue Party & Bonfire catered by **Dundore & Heister!**

- **5 pm:** Bus back to Hampton Inn & Suites