

# Improving Health Conference

April 15-18, 2026

Time	Wednesday	Thursday	Friday	Saturday	Sunday		
6:30-7:15	BREAKFAST						
8:00-9:00	<div style="display: flex; align-items: center; justify-content: center;"> </div>	DEVOTIONAL <i>Chad Kreuzer</i>	DEVOTIONAL <i>Chad Kreuzer</i>	*9:15-10:45*	<p><b>Goodbye!</b></p> <p><b>Keep Improving Health One Choice at a Time!</b></p>		
9:00-9:15		Exercise Period: Walking for Health		Song Service Superintendent Remarks			
9:15-10:15		HOW TO DETOX 101 <i>Ashwin Sukumaran</i>	BASIC STEPS TO ABUNDANT HEALTH <i>Lifestyle Educators</i>			Sabbath School	
10:15-10:30		Exercise Period: Walking for Health		*11:00-12:30*  Preliminaries  CHAD KREUZER			
10:30-11:30		HIGH BLOOD PRESSURE & ITS CORRELATION TO GLAUCOMA <i>Dickson Onsare</i>	THE POWER OF THE MIND ON GUT HEALTH <i>Pablo Piovesan</i>				
11:30-11:45		Exercise Period: Walking for Health					
11:45-12:45		GARDEN HERBS (AT FARM STAND) <i>Raymond Betz</i>	LIFESTYLE MEDICINE AT DIFFERENT STAGES OF LIFE <i>Karem Irrazabel</i>				
1:00-1:45		LUNCH					
2:00-2:30		Exercise Period: Walking for Health	(1:45) Campus tour, visit gift shop	Exercise Period: Walking for Health			
2:30-5:30		*3:00-5:00* Check-in at the Lifestyle Center	COOKING SCHOOL: CARIN LYNCH	NATURAL REMEDIES AND HYDROTHERAPY		*3:00-4:00* SUGAR: HOW MUCH IS TOO MUCH? <i>Erik Kelly</i>  *4:15-5:15* QUESTIONS & ANSWERS PANEL <i>Medical Staff</i>  *5:15-6:00* MUSICAL CONCERT	
6:15-6:45	SUPPER						
7:00-8:00	DEVOTIONAL <i>Chad Kreuzer</i>	DEVOTIONAL <i>Chad Kreuzer</i>	DEVOTIONAL <i>Chad Kreuzer</i>	DEVOTIONAL <i>Chad Kreuzer</i>			

Meeting locations by color:

Church

Lifestyle Center