



Holistic
HOLIDAY
AT SEA

2023 COURSE OFFERINGS AVAILABLE FOR SALE

Here's your opportunity to take The Holistic Holiday at Sea 2023 cruise home with you! Receive forty classes for the pre-cruise price of \$225 and acquire the following lectures in digital format via a link to download to the email of your choice. Simply bring the completed form below with credit card information to the HHAS Hospitality Desk on Friday, March 17th, to receive the discounted price and enjoy the ability to view the classes after the cruise at your leisure. Share these presentations with friends and family and as a bonus, you will receive the Talent Show and Comedy Show

in addition to the forty classes included in your pre-board package. As another option, you may choose 20 of the classes listed below for \$150.

After March 17th, the onboard price will be \$295 and \$195 for the package of 40 and 20 classes, respectively. Individual class purchases will be available for \$15 per class.

If you have questions or concerns, please contact:
hhasmedia@holisticholidayatsea.com

I would like all of the classes for ~~\$295~~ \$225

Prices good until March 17th

I would like to choose 20 classes for ~~\$195~~ \$150

Choose your lectures on page 2.

To place your order, please email the completed form to:
hhasmedia@holisticholidayatsea.com, or bring it to the hospitality desk upon boarding.

- Payment Information Request -

Cardholder's Name: _____

Credit Card Type: Visa Mastercard American Express

Credit Card Number: _____

Expiration Date: _____ Billing Zip Code: _____ CVV # _____

Phone Number: _____

Email: _____

Cardholder Signature: I _____, authorize HOLISTIC HOLIDAY AT SEA to charge the agreed amount listed above to my credit card provided herein for the recorded lectures. I agree that I will pay for this purchase in accordance with the issuing bank cardholder agreement.

Holistic Holiday at Sea 2023 Classes Available for Purchase

- Beating Cancer With Nutrition with Chris Wark
- Keynote: Aging Without Aching with Dr. Yoav Suprun
- Improve Digestion and Feel Better From Head to Toe with Michael Rossoff, LAc
- Keynote: SELFISH: A Cure for a Broken Heart with Dr. Columbus Batiste
- Keynote: Lifestyle and Brain Health: The Next Frontier with Dr. Dean Sherzai
- Recovery Panel: Health Survivors Share Their Stories, moderated by Jessica Porter
- Keynote: How Not to Die with Dr. Michael Greger
- The Gut Microbiome: Trillions of Friends You Never Knew You Had with Dr. David Blyweiss
- Keynote: Your Food Revolution with Ocean Robbins
- SELFISH: The Key to Combating a Stressed Heart with Dr. Columbus Batiste
- Medical Cannabis: Oxymoron or Therapeutic Option? with Dr Debra Kimless
- Food, Nutrition, Physical Activity, and Cancer Prevention and Survivorship with Dr. Lawrence Kushi
- Salt, Sugar, and Oil: The Good, the Bad, and the Ugly with Dr. Michael Klaper
- Keynote: Bowel Talk with Dr. Scott Harrington
- Food is Medicine: Simple Steps to Fill Your Plate With Delicious Food with Julieanna Hever
- Keynote: The Profound Impact of Nutrition on Brain Health with Dr. Ayesha Sherzai
- Understanding Neck and Back Pain with Dr. Yoav Suprun
- Women's Wellness After Menopause with Michael Rossoff, Lac
- Evidence-Based Weight Loss with Dr. Michael Greger
- Keynote: Understanding Study Designs and Interpreting the Scientific Literature with Dr. Lawrence Kushi
- Keynote: Strengthening Elimination for Clear Body and Mind with Michael Rossoff, LAc
- Living PCOS Free with Dr. Nitu Bajekal
- Keynote: Physician's Eye – Healer's Heart with Dr. Michael Klaper
- Macrobiotics 101 with Jessica Porter
- Keynote: Managing Osteoporosis With a Plant-Based Diet and Lifestyle Approaches with Dr. Rajiv Bajekal
- The Vegan Hero's Journey with Dr. Scott Harrington
- Building Your Body on a Plant-Based Diet with Robert Cheeke
- Healthy Food, Healthy Planet with Ocean Robbins
- The Secret to Behavior Change with Dr. Dean Sherzai
- Keynote: The Choose You Now Diet: Lose Weight for the Last Time with Julieanna Hever
- SELFISH: Conquer Nutrition With SELFISH Eating Habits with Dr. Columbus Batiste
- One Simple Act That Will Change Your Whole Life (Chewing) with Jessica Porter
- Back Pain: When Should We Be Worried? With Dr. Rajiv Bajekal
- Keynote: Prescription Drugs–The Good, the Bad, and the Unintended Consequences with Dr. David Blyweiss
- Reversing Diabetes With a Plant-Based Diet – Dr. Rajiv's Journey and the Evidence with Dr. Rajiv Bajekal
- The Macrobiotic Movement, Biomedical Research, and Food and Health with Dr. Lawrence Kushi
- Keynote: Regain Your Hormonal Health with Dr. Nitu Bajekal
- Living Longer, Living Better with Dr. Nitu Bajekal
- Panel Q & A: Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks With Dr. Michael Greger, Dr. Michael Klaper, Dr. Lawrence Kushi, and Dr. Columbus Batiste, hosted by Sandy Pukel
- Turn Habits Into Strengths Using Personality Typing with Dr. Scott Harrington