



2025 ALASKA COURSE LECTURES AVAILABLE TO PURCHASE

Here is your opportunity to take the Holistic Holiday at Sea *Adventure to Wellness* cruise home with you! Purchase the full package of 37 classes for the pre-cruise price of \$225 or, purchase a package of 20 lectures by individually selecting your choices for the pre-cruise price of \$150.

After August 31st, the price will be \$295 and \$195 for the packages of 37 and 20 classes, respectively. If you are sailing with us, simply bring the completed form below with your credit card information to the HHAS Hospitality Desk. Individual lecture purchases will always be available for \$15 per lecture.

You will acquire your selected lectures in digital format via a link to the email of your choice to share with friends and family within **three weeks post-cruise**.

I would like all 37 lectures for ~~\$295~~ **\$225**

I would like to choose 20 lectures for ~~\$195~~ **\$150**
Choose your lectures on page 2

To place your order, please email this completed form to:

HHASmedia@holisticholidayatsea.com,

or bring it to the hospitality desk, located in the Piazza on deck 5 midship, upon boarding.

To receive the pre-cruise prices, all forms must be received **by Sunday, August 31st**.

— Payment Information Request —

Cardholder's Name: _____

Credit Card Type: Visa Mastercard American Express

Credit Card Number: _____

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

Phone Number: _____

Email (to send recording): _____

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.

Available recorded lectures are listed on page 2

HOLISTIC HOLIDAY AT SEA 2025 Alaska lectures available for purchase

| MONDAY, SEPTEMBER 1 | |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| KEYNOTE: | The Forgotten Woman - Thriving Through Menopause and Beyond with Jenn Simmons, MD |
| | The Power of Red-Light Therapy for Cancer and Autoimmune Illnesses with Jonathan Otto |
| Recovery Panel: | Survivors Share their Health Journey, moderated by Jessica Porter |
| Cooking Class: | The Colors of a Continent - Phytonutrients, Antioxidants, and Asian Cuisine with Victoria Moran |
| | A 21st Century Approach to Macrobiotic Principles with Verne Varona |
| KEYNOTE: | The SELFISH Principle - A Lifestyle Prescription for Heart Health with Columbus Batiste, MD |
| | Hypnosis: Everything You Always Wanted to Know but Were Afraid to Ask with Jessica Porter |
| | Build Your Body on a Plant-Based Diet with Robert Cheeke |
| KEYNOTE: | Nutrition vs. Cancer with Chris Wark |
| TUESDAY, SEPTEMBER 2 | |
| KEYNOTE: | Plant-Based Addict - From Rock Bottom to Plantstrong with Adam Sud |
| Cooking Class: | Middle Eastern Magic: Kale, Lentils & Golden Cauliflower with James Loomis, MD & Caryn Dugan |
| | Deeper Intimacy: Strengthening Love & Connection with Koya Webb and Daren Grainger |
| KEYNOTE: | What is the Role of Ultra-processed Plant-based Products in the Diet? with Michael Greger, MD |
| WEDNESDAY, SEPTEMBER 3 | |
| | Eat to Heal, Live SELFISH with Columbus Batiste, MD |
| | Healing Happens: What it Takes & How it Works with Verne Varona |
| | How Healthy Are You? with Jessica Porter |
| | How Not to Age with Michael Greger, MD |
| THURSDAY, SEPTEMBER 4 | |
| | Age Like a Yogi with Ahimsa Ayurveda with Victoria Moran |
| | How to Optimize Your Thyroid and Adrenal Function with Jonathan Otto |
| FRIDAY, SEPTEMBER 5 | |
| KEYNOTE: | Micronutrients, Mitochondria, and Health: A Cellular Approach to Nutrition with James Loomis, MD |
| | Screen, Prevent, Protect: Your Smart Guide to Outsmarting Breast Cancer with Jenn Simmons, MD |
| | Food Addiction: What Are You Really Hungry For? with Adam Sud |
| | Emotional Intelligence and Emotional Well-Being with Robert Gaarder, PhD |
| Cooking Class: | Health-Promoting Dishes from Main Street USA with Victoria Moran |
| | How to Be an Impactful Vegan with Robert Cheeke |
| | The Stress Cancer Connection with Chris Wark |
| | Time to Kick Some Acid! Reducing Inflammation, Naturally with Verne Varona |
| | One Simple Trick That Will Change Your Whole Life (Chewing) with Jessica Porter |
| Panel Q&A: | Cruisin' for Knowledge - Doctors' Panel with Drs. Michael Greger, Columbus Batiste, James Loomis, and Jenn Simmons moderated by Sandy Pukel |
| SATURDAY, SEPTEMBER 6 | |
| KEYNOTE: | Slow Down Aging and Improve Skin, Hair, Bone and Organ Health with Jonathan Otto |
| | Insulin Resistance: What Causes it and How to Reverse it with Adam Sud |
| | The Magical MEND Program for Lifelong Vitality with Victoria Moran |
| Cooking Class: | Cozy Meets Zesty: Barley Soup, Cabbage Steaks & Chickpea Cakes with Caryn Dugan & James Loomis, MD |
| | Estrogen, Menopause, and the New You: What Every Woman Deserves to Know with Jenn Simmons, MD |
| | Move to Live: Physical Activity as a Cornerstone of a Healthy Lifestyle with James Loomis, MD |
| | Kitchen Confidence: Simple, Creative & Healthy Plant-Based Cooking with Caryn Dugan |
| | Selfish Interventions for Hypertension Beyond Medications with Columbus Batiste, MD |