

# Speaker Schedule: LowCarbUSA® - San Diego 2019

This schedule is subject to change.

## Wednesday July 24

17h00 - 19h00: Early Registration

## Day 1 - Thursday July 25

| Time  | Speaker                                  | Topic  |
|-------|--|--|
| 9:00  | Registration / Expo                      | Great to vist the Expo when it is fresh and not too crowded  |
| 11:45 | Doug Reynolds                            | Welcome  |
| 12:00 | <b>TBD</b>                               | TBD  |
| 12:45 | Q&A                                      | *  |
| 13:00 | Break                                    |  |
| 13:15 | <b>TBD</b>                               | TBD  |
| 14:00 | Q&A                                      | *  |
| 14:15 | Break                                    |  |
| 14:30 | <b>TBD</b>                               | TBD  |
| 15:15 | Q&A                                      | *  |
| 15:30 | Break                                    |  |
| 15:45 | <b>TBD</b>                               | TBD  |
| 16:30 | Q&A                                      | *  |
| 16:45 | Break                                    |  |
| 17:00 | <b>TBD</b>                               | TBD  |
| 17:45 | Q&A                                      | *  |
| 18:00 | Low Carb Wine Tasting / Expo / Breakouts | <a href="https://www.dryfarmwines.com/lowcarbusa">Learn more about the wines at: https://www.dryfarmwines.com/lowcarbusa</a> |
| 19:30 | Low Carb Dinner                          |  |
| 21:00 | End Day 1                                |  |

## Day 2 - Friday July 26

| Time  | Speaker           | Topic                |
|-------|-------------------|----------------------|
| 6:00  | 5k Fun Run / Yoga | Doug Reynolds / yogi |
| 7:30  | Expo              |                      |
| 8:00  | <b>TBD</b>        | TBD                  |
| 8:45  | Q&A               | *                    |
| 9:15  | Break             |                      |
| 9:30  | <b>TBD</b>        | TBD                  |
| 10:15 | Q&A               | *                    |
| 10:45 | Break             |                      |
| 11:00 | <b>TBD</b>        | TBD                  |
| 11:45 | Q&A               | *                    |
| 12:15 | Lunch / Expo      | Breakouts - 12:30    |
| 13:45 | <b>TBD</b>        | TBD                  |
| 14:30 | Q&A               | *                    |

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|       |   |  |
|-------|---|--|
| 15:00 | Break                                       |  |
| 15:15 | <b>TBD</b>                                  | TBD  |
| 16:00 | Q&A   | *  |
| 16:30 | Break                                       |  |
| 16:45 | <b>TBD</b>                                  | TBD  |
| 17:30 | Q&A   | *  |
| 18:00 | Low Carb Wine Tasting /<br>Expo / Breakouts | <a href="https://www.dryfarmwines.com/lowcarbusa">Learn more about the wines at:<br/>https://www.dryfarmwines.com/lowcarbusa</a> |
| 19:30 | Low Carb Dinner                             |  |
| 21:00 | Day 3 End                                   |  |

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## Day 3 - Saturday July 27

| Time  | Speaker                                  | Topic  |
|-------|--|--|
| 6:00  | 5k Fun Run / Yoga                        | Doug Reynolds / yogi   |
| 7:30  | Expo                                     |  |
| 8:00  | <b>TBD</b>                               | TBD  |
| 8:45  | Q&A                                      | *  |
| 9:15  | Break                                    |  |
| 9:30  | <b>TBD</b>                               | TBD  |
| 10:15 | Q&A                                      | *  |
| 10:45 | Break                                    |  |
| 11:00 | <b>TBD</b>                               | TBD  |
| 11:45 | Q&A                                      | *  |
| 12:15 | Lunch / Expo                             | Breakouts - 12:30  |
| 13:45 | <b>TBD</b>                               | TBD  |
| 14:30 | Q&A                                      | *  |
| 15:00 | Break                                    |  |
| 15:15 | <b>TBD</b>                               | TBD  |
| 16:00 | Q&A                                      | *  |
| 16:30 | Break                                    |  |
| 16:45 | <b>TBD</b>                               | TBD  |
| 17:30 | Q&A                                      | *  |
| 18:00 | Low Carb Wine Tasting / Expo / Breakouts | <a href="https://www.dryfarmwines.com/lowcarbusa">Learn more about the wines at: https://www.dryfarmwines.com/lowcarbusa</a> |
| 19:30 | Low Carb Dinner                          |  |
| 21:00 | Day 3 End                                |  |

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## Day 4 - Sunday July 28

| Time  | Speaker              | Topic  |
|-------|----------------------|--|
| 6:00  | 5k Fun Run / Yoga    | Doug Reynolds / yogi   |
| 7:30  | Expo                 |  |
| 8:00  | <b>TBD</b>           | TBD  |
| 8:45  | Q&A                  | *  |
| 9:15  | Break                |  |
| 9:30  | <b>TBD</b>           | TBD  |
| 10:15 | Q&A                  | *  |
| 10:45 | Break                |  |
| 11:00 | <b>TBD</b>           | TBD  |
| 11:45 | Q&A                  | *  |
| 12:15 | <b>RAFFLE DRAW</b>   |  |
| 12:30 | Lunch / Expo         | Breakouts - 12:45  |
| 14:00 | <b>Final Session</b> | Open ended Panel Discussion with <b>many speakers from the weekend</b> and others! |
| 17:00 | Closing              | Doug Reynolds  |