



2022 SCHEDULE

FULL SCHEDULE AVAILABLE TO
ATTENDEES CLOSER TO EVENT

www.Lifeltself.Health

DAY 1 | TUESDAY MAY 31

Badge Pickup Opens
2:00pm

Session 1
5:00pm - 6:30pm

Opening Dinner Reception
7:00pm

DAY 2 | WEDNESDAY JUNE 1

Session 2
9:00am - 10:30am

Break
10:30am - 11:30am

Session 3
11:30am - 1:00pm

Lunch
1:00pm - 2:30pm

Session 4
2:30pm - 4:00pm

Break
4:00pm - 5:00pm

Session 5
5:00pm - 6:30pm

Group Dinners on Own
7:00pm

DAY 3 | THURSDAY JUNE 2

Session 6
9:00am - 10:30am

Break
10:30am - 11:30am

Session 7
11:30am - 1:00pm

Lunch
1:00pm - 2:30pm

Session 8
2:30pm - 4:00pm

Break
4:00pm - 5:00pm

Session 9
5:00pm - 6:30pm

Closing Beach Party
7:00pm

DAY 4 | FRIDAY JUNE 3

Session 10
9:00am - 11:30am

LIFE ITSELF Concludes
11:30am

Breakfast Wednesday thru
Friday 7:45am-8:45am

* All times Pacific Time
Schedule Subject to Change