



Tuesday arrival: Evening Cocktails and Hors D'oeuvres

WEDNESDAY

7:30

Breakfast

Discussion with the Nutritionist Bob Calvin or Jenny Kelly @ Terrazzo Grille (Terrace)

8:30

Activity of choice

Please see the website for a complete list

10:30

Anti-Aging Presentation

Given by Dr. Tom Schneider @ Andrew's Institute

12:00

Lunch

@ Portofino

1:30

Activity of choice

Please see the website for a complete list Excursion to the Naval Aviation Museum from 2:00-5:00

6:00-8:00

Dinner

offered between 6:00-8:00 @ the upscale Terracotta restaurant

THURSDAY

7:30

Breakfast

Discussion with Orthopedic Surgeon, foot and ankle expert, Dr. Nilssen

8:30

Activity of choice

Please see the website for a complete list

10:30

Plastic & Reconstructive Surgery

Given by Dr. Patterson @ Andrew's Institute

12:00

Lunch

@ Portofino

1:30

Activity of choice

Please see the website for a complete list Excursion to Pensacola Historic Downtown from 2:00-5:00

6:00-8:00

Dinner

offered between 6:00-8:00 @ the upscale Terracotta restaurant

FRIDAY

7:30

Breakfast

8:30

Activity of choice

Please see the website for a complete list

10:30

Injury Prevention or Performance Specialist

Given by Russ Orr or Paul Cauldwell @ Andrew's Institute

12:00

Lunch

@ Portofino

1:30

Activity of choice

Please see the website for a complete list Complimentary Afternoon Cruise leaves Portofino at 3:45

Dinner on your own