2026 Health Optimization Cruise SCHEDULE

This premiere annual event is organized by Mike & Denise '55 years' Young of the aPlantBasedDiet.org 501(c)(3) non-profit: http://HealthOptimizationCruise.org

YOUR MISSION: To change your habits for the better and let folks know how much more fun life is this way!

We encourage you to take as many pictures and videos as possible and post them all over social media to help spread the good news about this lifestyle!!

Sunday 1/18 Celebrity Cruises Terminal 25 Port Everglades - Fort Lauderdale, Florida

Arrive to the Celebrity Terminal as early as 11am ***PLEASE ARRIVE AS EARLY AS POSSIBLE SO YOU DON'T MISS LUNCH + OUR INITIAL MEETING***
Noon to 1pm GROUP LUNCH in our Cyprus Restaurant HOC PRIVATE DINING AREA - Deck 4 aft / back of ship
2:30pm to 3:30pm WELCOME AND INTRODUCTION MEETING - in Cyprus Restaurant - *** VENUE CHANGE PLEASE NOTE ***
4:00pm our HOC group will meet outdoors on the deck @ Sunset Bar (grab a non-alcoholic drink) for the sail away! Deck 15 aft / back of ship
Depart Fort Lauderdale @ 4:00pm
5:30pm meet promptly for dinner in Cyprus Restaurant HOC PRIVATE DINING AREA - Deck 4 aft / back of ship
EVENING - Professional Entertainment including singing, dancing, acrobatics, comedy acts and musicals + Activities run by Celebrity - Mike & Denise will let everyone know where we will be via our WhatsApp group, if you'd like to join.

Monday 1/19 Bimini, Bahamas arrive 8am depart 5pm

7:00am to 8:00am Outdoor Movement Class with Estar Hazan @ ROOFTOP GARDEN, deck 15 AFT (back of the ship) - WALKING & STRETCHING
SUNRISE 7:05am
8:00am to 9:00am GROUP Breakfast in CYPRUS RESTAURANT HOC PRIVATE DINING AREA - you can arrive as soon as 7:30am if you need to leave the ship early for an excursion
8:00am FUN in Bimini! - REMEMBER TO EAT JUST RIPE LOCAL FRUITS WHILE OFF THE SHIP TO STAY WITH OUR 6 pillar Healthy Vegan Food protocol
Noon to 1pm GROUP LUNCH in CYPRUS RESTAURANT HOC PRIVATE DINING AREA
1:30pm to 2:30pm BLU RESTAURANT Deck 5 aft / back of ship - Group Health Workshop + Q&A with Mike & Denise Young
5:30pm meet promptly for dinner in Cyprus Restaurant HOC PRIVATE DINING AREA - Deck 4 aft / back of ship
8:00pm to 9:30pm *** SPECIAL NOT TO BE MISSED EVENT TBA in DESTINATION GATEWAY on Deck 2 ***

Tuesday 1/20 @ Sea DAY 1

7:00am to 8:00am Outdoor Movement Class with Estar Hazan @ ROOFTOP GARDEN, deck 15 AFT (back of the ship) - WALKING & STRETCHING
8:00am to 9:00am GROUP Breakfast in CYPRUS RESTAURANT HOC PRIVATE DINING AREA
9:00am to 10:00am CYPRUS RESTAURANT - "Setting Sail for Change - Discover where you are, what's next, and how to make healthy habits stick" with Janet Pearson
10:00am to 11:00am CYPRUS RESTAURANT - "How to Achieve Health Optimization - the 6 pillars of both Lifestyle Medicine + Healthy Vegan Food" with Mike & Denise Young
Noon to 1pm GROUP LUNCH in CYPRUS RESTAURANT HOC PRIVATE DINING AREA
1:30pm to 2:30pm "The Science of Happiness" with Casie Mair-Miley MSN, RN, PMHNP, DipACLM in CYPRUS RESTAURANT
3:00pm to 4:00pm Indoor Movement Class with Estar Hazan @ MOTION STUDIO B within THE FITNESS CENTER on Deck 15 at front of ship
5:30pm meet promptly for dinner in Cyprus Restaurant HOC PRIVATE DINING AREA - Deck 4 aft / back of ship
EVENING - Professional Entertainment including singing, dancing, acrobatics, comedy acts and musicals + Activities run by Celebrity - Mike & Denise will let everyone know where we will be via our WhatsApp group, if you'd like to join.

Wednesday 1/21 Cozumel, Mexico arrive 7am depart 8pm

7:00am to 8:00am Outdoor Movement Class with Estar Hazan @ ROOFTOP GARDEN, deck 15 AFT (back of the ship) - WALKING & STRETCHING
SUNRISE 7:26am
8:00am to 9:00am GROUP Breakfast in CYPRUS RESTAURANT HOC PRIVATE DINING AREA - you can arrive as soon as 7:30am if you need to leave the ship early for an excursion
8:00am FUN in Cozumel, Mexico! - REMEMBER TO EAT JUST RIPE LOCAL FRUITS WHILE OFF THE SHIP TO STAY WITH OUR 6 pillar Healthy Vegan Food protocol
Noon to 1pm GROUP LUNCH in CYPRUS RESTAURANT HOC PRIVATE DINING AREA
1:30pm to 2:30pm BLU RESTAURANT Deck 5 aft / back of ship - Group Health Workshop + Q&A with Mike & Denise Young
5:30pm meet promptly for dinner in Cyprus Restaurant HOC PRIVATE DINING AREA - Deck 4 aft / back of ship
EVENING - Professional Entertainment including singing, dancing, acrobatics, comedy acts and musicals + Activities run by Celebrity - Mike & Denise will let everyone know where we will be via our WhatsApp group, if you'd like to join.

Thursday 1/22 @ Sea DAY 2

7:00am to 8:00am Outdoor Movement Class with Estar Hazan @ ROOFTOP GARDEN, deck 15 AFT (back of the ship) - WALKING & STRETCHING
8:00am to 9:00am GROUP Breakfast in CYPRUS RESTAURANT HOC PRIVATE DINING AREA
9:00am to 10:00am - "How to go Vegan in 14 Days" with Mike & Denise Young in CYPRUS RESTAURANT
10:00am to 11:00am "Eating to Improve Gut Health and Decrease Inflammation" with Nichole Fogleman NP, CRNA in CYPRUS RESTAURANT
Noon to 1pm GROUP LUNCH in CYPRUS RESTAURANT HOC PRIVATE DINING AREA
1:30pm to 2:30pm CYPRUS RESTAURANT - "Alzheimer's, Dementia & Type 3 Diabetes: What You Need To Know" with Mike & Denise Young
3:00pm to 4:00pm Indoor Movement Class with Estar Hazan @ MOTION STUDIO B within THE FITNESS CENTER on Deck 15 at front of ship
5:30pm meet promptly for dinner in Cyprus Restaurant HOC PRIVATE DINING AREA - Deck 4 aft / back of ship
EVENING - Professional Entertainment including singing, dancing, acrobatics, comedy acts and musicals + Activities run by Celebrity - Mike & Denise will let everyone know where we will be via our WhatsApp group, if you'd like to join.

Friday 1/23 George Town, Gran Cayman arrive 8am depart 4pm

7:00am to 8:00am Outdoor Movement Class with Estar Hazan @ ROOFTOP GARDEN, deck 15 AFT (back of the ship) - WALKING & STRETCHING
SUNRISE 7:02am
8:00am to 9:00am GROUP Breakfast in CYPRUS RESTAURANT HOC PRIVATE DINING AREA - you can arrive as soon as 7:30am if you need to leave the ship early for an excursion
8:00am FUN in George Town, Grand Cayman - REMEMBER TO EAT JUST RIPE LOCAL FRUITS WHILE OFF THE SHIP TO STAY WITH OUR 6 pillar Healthy Vegan Food protocol
Noon to 1pm GROUP LUNCH in CYPRUS RESTAURANT HOC PRIVATE DINING AREA
5:30pm meet promptly for dinner in Cyprus Restaurant HOC PRIVATE DINING AREA - Deck 4 aft / back of ship
EVENING - Professional Entertainment including singing, dancing, acrobatics, comedy acts and musicals + Activities run by Celebrity - Mike & Denise will let everyone know where we will be via our WhatsApp group, if you'd like to join.

Saturday 1/24 @ Sea DAY 3

7:00am to 8:00am Outdoor Movement Class with Estar Hazan @ ROOFTOP GARDEN, deck 15 AFT (back of the ship) - WALKING & STRETCHING
8:00am to 9:00am GROUP Breakfast in CYPRUS RESTAURANT HOC PRIVATE DINING AREA
9:30am to 10:30am TUSCAN RESTAURANT - "How to Optimize Mental Health With Proper Lifestyle" with Mike & Denise Young
11:00am to Noon BLU RESTAURANT - "Charting Your Course to Better Nutrition - Set SMART goals and decode vegan food labels with confidence" with Janet Pearson
Noon to 1pm GROUP LUNCH in CYPRUS RESTAURANT HOC PRIVATE DINING AREA
1:30pm to 2:30pm BLU RESTAURANT - "Indoor Air Quality - Enclosed Spaces and Your Health" with Mike Young
3:00pm to 4:00pm Indoor Movement Class with Estar Hazan @ MOTION STUDIO B within THE FITNESS CENTER on Deck 15 at front of ship
4:00pm to 5:00pm PANEL DISCUSSION with Q&A + EVENT CONCLUSION
5:30pm meet promptly for dinner in Cyprus Restaurant HOC PRIVATE DINING AREA - Deck 4 aft / back of ship
EVENING - Professional Entertainment including singing, dancing, acrobatics, comedy acts and musicals + Activities run by Celebrity - Mike & Denise will let everyone know where we will be via our WhatsApp group, if you'd like to join.

Sunday 1/25 arrive in Fort Lauderdale @ 7am

7:00am WHOLE FRUIT at the buffet for breakfast
7:00am ***Go fourth into general society and happily + gratefully practice what you've learned and teach others...***
SUNRISE 7:07am

"Curating fun experiences with food that doesn't harm humans."

We utilize the following framework to most closely align the human body with nature…

The six pillars of Lifestyle Medicine:

1 - plant-based nutrition - our aPlantBasedDiet.org (http://aplantbaseddiet.org/) non-profit recommends following the six pillar Healthy Vegan Food guidelines: http://HealthyVeganFood.info
2 - physical activity
3 - stress management
4 - avoidance of risky substances
5 - restorative sleep
6 - social connections

The 6 HVF nutritional pillars for food that's as organic and chemical free as possible:

1 - whole plant fiber

2 - zero animal products

3 - zero added oil + keep % of calories from fat @ 10% max

4 - zero added salt / sodium

5 - zero alcohol

6 - zero refined sugar (dates, molasses and maple syrup are ok)

HEALTH OPTIMIZATION
CRUISE